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## HOW TO WEAR JEANS

OKAY, SO YOU ALREADY KNOW HOW TO DO THIS, BUT HERE ARE SOME COMBOS YOU MAY NOT HAVE THOUGHT OF BEFORE

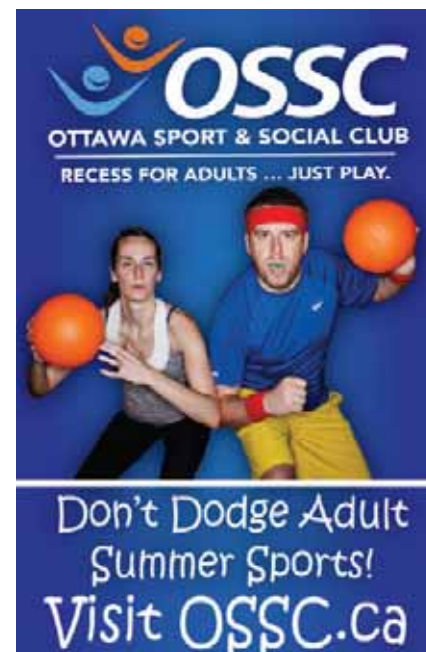
PAGE 24



## Mom shares tale of luring

Mother of one of the alleged victims of teen pimps testifies that daughter sent cry for help via Facebook

PAGE 3



A man leaves flowers next to a child's pink bicycle on the front lawn of the home where an early-morning fire Wednesday claimed the lives of two girls aged three and eight.

JOE LOFARO/METRO

# Two girls killed in house fire

**Thurso, Que.** Family described by neighbours as 'nice and quiet'



JOE LOFARO

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A father desperate to rescue his family climbed a ladder to the second-storey window of his burning home in Thurso, Que., but was beaten back by the heat of the blaze.

Two girls, aged three and eight, are dead following the fire.

Firefighters responded just before 5 a.m. to 228 Lacroix St., which is about 45 kilometres east of Gatineau.

Sylvain Lacroix lives next door to the house and said he woke to the father yelling outside around 4:30 a.m. as flames were shooting out the basement window.

"We went to the front of the house, but the flames were already gaining the second floor," he said. "The level of smoke was really, really dense."

The father climbed into the second-storey window, Lacroix said, but had to jump out almost right away due to the

strength of the fire.

The dad, another adult, and four minors took refuge in his kitchen, which he described as a "war zone."

He saw a little girl with burns to her body and the father covered in dust from his attempted rescue on the upper level, he said.

The dad and a 12-year-old girl were listed in critical condition in hospital, said Sûreté du Québec spokesperson Sgt. Marc Tessier.

A family friend has been released from hospital while a woman, a six-year-old boy, and a small infant are in hospital in

stable condition.

On Wednesday afternoon a man brought flowers to the scene and rested them in front of a tree on the front lawn of the house. Firefighters had placed a pink kids' bicycle there just seconds before.

Neighbour Jean-Paul Baril said the family moved in about a year ago and described them as "nice and quiet."

The thought that two children were killed in the fire left him in shock.

"That's the worst," he said. "Honest to God, that's the worst."

Caroline Bernier said she

had to explain the tragedy to her seven-year-old daughter, who was friends with one of the deceased, before school Wednesday morning.

"She really was sad," said Bernier.

Tessier said the house was fully engulfed in flames by the time fire crews arrived, which forced them to attack the fire from the outside for most of the morning.

Neighbours in the tight-knit community crowded around the police tape throughout the day watching firefighters fight the fire until it was safe to enter the home.

## Don't hypnotize and drive



Rosario Dawson learns the hard way after nearly causing an accident while preparing for her role as a hypnotist in *Trance*

PAGE 24

## Watch for it

Tech analysts say smart watches and Google Glass will soon be a popular alternative to pulling out your smartphone

PAGE 17

## Thai these pork skewers

Curryscented, great with peanut sauce

PAGE 31



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# Daughter lured via Facebook, says mother

**Testimony.** Girl was allegedly forced by teens to take off clothes, then put on provocative outfits 'to ship her to some men to have sex'



**GRAHAM LANKTREE**  
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When the mother of one of the alleged victims in the trial of three teen girls charged with pimping their peers sat down at her computer at 7:20 am on May 19, 2012, she didn't expect to see her daughter online after a night out with her friends.

"I got on to Facebook and noticed (the victim) was online. I said, 'Geez, you're up

early today.' She messaged me back saying, 'Mom, I need your help,'" the woman said in court Wednesday. "She said she met up with some girls at St. Laurent (Centre), went to a house and that when they got there, they made her take off all her clothes and dressed her up in provocative clothing to ship her to some men to have sex."

By 8 a.m., the woman said, she had driven to an apartment in Vanier. When she arrived, her distraught daughter ran into her arms.

"She looked awful. She had been crying," said the woman, who cannot be named due to a publication ban.

Crown prosecutors alleged in their opening statement to the court that the girl didn't know the accused teens and was lured via Facebook to meet up with them.



## Business owner backpedals on Tory support

Jose Bray, owner of Ottawa-based Joe Mamma Cycles, speaks to the media in his bicycle store. Bray's shop was where Finance Minister Jim Flaherty last year trumpeted the benefits of his budget, but the proprietor now says he feels misled. Despite what the federal Conservatives say, they are raising consumer taxes by increasing tariffs on goods imported from dozens of countries, Bray told a news conference held by the NDP at his store on Wednesday. JUSTIN TANG/THE CANADIAN PRESS

# 'Through a screen you can lie about everything'

It's easy to see how the alleged victims of three teen girls accused of pimping out their peers could be lured online, said students from a Grade 12 law class at St. Peter high school in Orleans as they sat in on the girls' trial on Wednesday.

"Through a screen you can lie about everything,"

said Kyle Devine, 18, one of roughly 25 students who filled the public gallery of the courtroom. "Online you can hide yourself, you can hide everything."

Devine said that he didn't really know much about the girls' stories, since there is a publication ban on their names, but he

said his class was interested in the social media aspect of the case "They're our age. That's why we found it interesting," he said.

"It's like the MTV show Catfish," he explained, citing the series, based on a 2010 movie, that chronicles the online-dating experiences of people who have

never met each other in real life. A "catfish" is defined as someone who creates social media profiles using someone else's photos in a bid to lure people in, often for romantic reasons.

Ottawa police held a special information session called "Teens and Technology" Tuesday night at Earl

of March High School in Kanata, that brought out some 200 people to learn about sexting, cyberbullying, and youth Internet safety.

Devine said that one of the main takeaway quotes from the night was: "Be aware of what your child is doing on the Internet."

GRAHAM LANKTREE/METRO



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1 NEWS

# Presto transit smart card gets the green light in Ottawa

**Rollout.** Smart card will get a staggered release over next few months: Manconi



**ALEX BOUTILIER**  
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The city's transit commission is moving ahead with a staggered rollout of nearly 200,000 Presto cards.

The commission's decision Wednesday morning was based on a report from OC Transpo and city staff saying the formerly glitch-prone smart-card system is now working well. There are still issues, OC Transpo general manager John Manconi told the commission, but that's to be expected with such a large and complex system. The focus now shifts to the rollout of the cards over the next few months.

"You want a staggered, controlled approach, so that you can support customers as they

**Online**  
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octranspo.com.

start using their cards, and we can respond to any issues," Manconi told reporters.

Here's how it should work: On May 18, transit users can get their no-fee Presto card from prestocard.ca with a minimum \$10 fare purchase. On May 27, they can get them in person at OC Transpo sales centres at the Rideau Centre, Lincoln Fields, St. Laurent and Place d'Orléans, as well as at city service centres.

From May to August, OC Transpo staff will be distributing the cards at Transitway stations, community centres and seniors' homes.

But before the general public gets their cards, U-Pass users will have a chance to pick up 10,000 free cards beginning Thursday. The 10,000 are part of 184,000 no-fee cards meant to entice commuters to pick up the card.



OC Transpo driver Patty Johnston shows off the Presto smart-card system at a demonstration at Ottawa City Hall last year. LAURA MUELLER/METROLAND NEWS SERVICE

## Province, feds should fund transit: Deans

The head of Ottawa's transit commission said funding for new transportation infrastructure should come from "upper tier" levels of government.

Diane Deans said Wednesday she supports "stable, predictable funding" from the province and federal govern-

ment for transit infrastructure, but was hesitant about a suggestion from Premier Kathleen Wynne regarding new revenue mechanisms.

"Certainly, the City of Ottawa would benefit from stable funding sources dedicated to public transit so we can better plan the future of

transit in the City of Ottawa. That's a little bit different than saying we're going to give municipalities new taxing power so they can tax for that," Deans said.

At a speech in Toronto Wednesday morning, Wynne said new money has to be found for transit-infrastruc-

ture investments, calling it the "single most pressing issue in this region at this time."

"We can't do it through property taxes, because they cannot sustain the size of investment that is required to fix our transportation woes, and nor can hard-pressed

property taxpayers," said Wynne. "This investment has to come from somewhere."

Wynne declined to get into specifics about what new revenue model she had in mind — preferring to wait for a report from Metrolinx in June.

But Deans said she would

prefer transit funding to come from above, not below.

"I really think that the higher levels of government have far greater taxing powers, and that they should be looking at ways to dedicate funding for public transit for municipalities," Deans said.

ALEX BOUTILIER/METRO

### Western LRT expansion

#### 'Refined routes' to be presented at open house

The Sir John A. MacDonald Parkway is out for a planned expansion of Ottawa's light-rail system, but Kitchissippi Coun. Katherine Hobbs said newly "refined routes" will go a long way to satisfying residents concerned about light rail on Richmond Road and Byron Avenue.

Hobbs said the proposal, which would run a light-rail corridor from Tunney's Pasture to Baseline Station by

way of the recently rechristened parkway, will not be one of the "refined options" presented at an open house for the proposed LRT expansion next Thursday.

Hobbs did not want to get into specifics of the routes, saying affected community groups and the NCC need to be briefed first. She did say, however, the city considered concerns from neighbouring residents about losing green space and changing the character of the neighbourhood.

The open house will be held from 6:30 p.m. to 9 p.m. at city hall, with a staff presentation at 7:30 p.m.

ALEX BOUTILIER/METRO

### Councillors

#### City to review code of conduct

The city's integrity commissioner will unveil recommendations for a new code of conduct for councillors next Thursday. Robert Marleau will table recommendations at a joint meeting of the finance and economic development committee and the governance-renewal subcommittee. The meeting will also consider expense policies for councillors, and fundraising and special-events policies. METRO

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### Under investigation

## Twitter reacts to minivan collision

Firefighters had to cut a minivan to get a man out Tuesday just after 9 p.m. after he collided with a street-sweeper vehicle on Eagleson Road. Police said Wednesday the collision is under investigation, but on Twitter other motorists suggested there might have been a problem with the lights on the sweeping vehicle. **METRO**

**@OttawaFirePIO:** Patient has been extricated by firefighters and is now in care of paramedics.

**@abcourtice:** @OttawaFirePIO we drove right by that same street cleaner about an intersection earlier and almost rear ended it. It was very hard to see.

**@OttawaFirePIO:** @abcourtice interesting! Glad you're ok and noticed it. Perhaps advise @ottawapolicemay help them with their investigation.

**@henrycabrown:** @OttawaFirePIO @abcourtice @ottawapolicemay help them with their investigation. @OttawaFirePIO @abcourtice @ottawapolicemay help them with their investigation. @OttawaFirePIO @abcourtice @ottawapolicemay help them with their investigation.

**@OttawaFirePIO:** @henrycabrown I would definitely call @ottawapolicemay give them this information

# Getting under Robin's cape

**Pow!** At 68, the cult-icon is more than ready to dust off his cape if anyone wanted to do a series reboot



**GRAHAM LANKTREE**  
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Burt Ward loved being Robin, Batman's sidekick in the TV series that ran from 1966 to 1968, and said he would dust off the cape and cowl for a comic reboot of the series, during an interview with Metro ahead of his appearance at Ottawa's Comicon in May.

"There are hilarious things that could be done. Even today, at our age, Adam and I could do this. Could you imagine going to the costume again and dusting it off?" said Ward, noting his 47-year friendship with Adam West, the Batman to Ward's Robin in the campy series. "People would laugh and have the best time."

Today Batman has taken a decidedly dark turn, he said, pointing out that the most recent Christopher Nolan directed series is aimed at teens and grown comic-book fans.

"The producers want it to be edgier," said Ward, who now runs a charity that has rescued some 14,600 large dogs. "Our market was families. Mom, Dad and a few kids. Three- to seven-year-olds could watch and have a great time."

The popularity of the show and Ward's charisma, which brought people to camp out for his first appearance in Tacoma, Wash., is still drawing crowds.

"People come out like you wouldn't believe," he said.

The 75,000 tickets to the



**OTTAWA COMICON**  
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**Batman and Robin, Adam West and Burt Ward, ham it up ahead of the Ottawa Comicon May 10-12. CONTRIBUTED**

Emerald City Comicon in Seattle, where they were headlining, sold out in an hour, Ward exclaimed.

At the height of its popularity, the show drew 55 per cent of viewers in North America.

Every star in Hollywood wanted a cameo on the show, he said. "The only way they could accommodate the demand was to create something where the stars would pop out of a window while we were climbing up a wall." And thus

the famous Batman wall-climbing bit was born. It's how Ward met Jerry Lewis.

"I'm a very friendly, gregarious person. I enjoy meeting the fans," said Ward, who hopes to spend time with each person who comes to visit him at Comicon. "I'm not like a typical actor. I talk to people. It keeps you feeling good."

The Ottawa Comicon runs May 10 to 12 at the Ernst & Young Centre. Tickets start at \$20.

## Local lawyer accused of misappropriating \$500K

An Ottawa lawyer who faced a disciplinary hearing on Wednesday says he will defend the accusations that he misappropriated about \$500,000 from clients and his own law firm before moving to Paris.

Luc Barrick, a lawyer who once co-hosted a local radio show, is accused by the Law Society of Upper Canada of misappropriating the money before moving to France, where he says he can get the best care for his health problems.

"France has the best medical facilities in the world for my medical condition. They are experts in hemophilia and this is why I am here," he said this week.

"I did not misappropriate any funds from any clients."

A law society notice of application alleges Barrick misappropriated \$116,321 from his law firm, Barrick Domey LLP, to finance the purchase of a condo in his name, and that between 2009 and 2011, he misappropriated

about \$58,000 from the same trust account to pay for personal expenses.

The law society alleges that in June 2011, Barrick closed the trust account with no money remaining in it and misappropriated \$200,000 that Barrick agreed to hold for his clients until the closing of their property sale, and about \$71,656 from life insurance proceeds that Barrick held in trust for another client.

The notice details five other examples of Barrick misappropriating his client's money.



**Luc Barrick, an Ottawa lawyer who once co-hosted a local radio show, denies any wrongdoing.**  
TORSTAR NEWS SERVICE

ing his client's money.  
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# Finding truth, authenticity in theatre

**Reflections of real life.** Magnetic North festival plays explore our relationships to truth, lies and everything in between



**SEAN MCKIBBIN**  
sean.mckibbin@metronews.ca

The Magnetic North Theatre Festival has returned to Ottawa and if it stays true to its theme — truth and authenticity — it promises to be edgier than ever.

"We're looking at the role of authenticity in our relationships and our relationship with the truth and whether it inhibits or enhances our relationships," said the festival's artistic director, Brenda Leadlay, who announced the festival's June 7-15 lineup at the National Arts Centre Wednesday.

That may sound a bit heavy and existential, but Leadlay says the plays on offer could

## Ticket and venue details

Magnetic North Theatre Festival tickets for each show are on sale at the National Arts Centre Box Office at 53 Elgin St. until the day prior to the performance of a scheduled play.

- On the day of the performance, tickets can be purchased one hour prior to showtime at the performance venue.
- Tickets can also be purchased at ticketmaster.ca/magneticnorth or 1-888-991-ARTS (2787)
- Venues for shows include the National Arts Centre, Arts Court and the University of Ottawa.

well be some of the most exciting audiences have ever seen. While theatre is steeped in the idea of fiction and actors playing roles, a number of the plays actually deal with real events and in some cases

feature actors playing themselves.

"In *Winners and Losers* we have two actors who are playing themselves and talking about their opinions about certain things and also about each other. It's really quite exciting, because you don't know how far they're going to go with each other," says Leadlay.

In *A Brimful of Asha*, Ravi Jain and his mother, Asha, debate the prospect of an arranged marriage while sharing warm samosas. In *The God That Comes*, musician Hawksley Workman stars in a rock 'n' roll cabaret directed by Christian Barry, a retelling of Euripides' *The Bacchae*, which the festival literature describes as "a revolution fuelled by wine, ritual madness and ecstasy."

Leadlay said that while many people see actors as putting on roles, the best acting is all about truth.

"It's about recognizing that part of yourself in the character you are trying to portray and being present and responsive and aware of the moment," she said.



Brenda Leadlay, artistic director of Magnetic North, unveiled the theatre festival's lineup at the NAC in Ottawa on Wednesday morning. The festival runs June 7 to 15. MIKE CARROCCETTO/FOR METRO

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# Ex-implant magnate faces women's fury

**Giant trial.** More than 5,000 plaintiffs join historic fraud case that accuses firm of using cheap and risky industrial silicone

Hundreds of women gathered Wednesday in a makeshift courthouse in the south of France. They were angry and wanted justice.

The women had received breast implants said to be

prone to rupture and leak.

And the women's fury was centred on five executives accused of using cheap industrial silicone to fill tens of thousands of implants that were sold around the world.

Jean-Claude Mas, who founded and ran implant-maker Poly Implant Prothese, is among those on trial in Marseille.

The now-defunct company had claimed its factory in France exported to more than 60 countries and was one of the world's leading implant makers.

## Quoted

**"Women have lost their jobs because of him, their health because of him."**

Joelle Manighetti, a French woman who received the implants, on Jean-Claude Mas

More than 125,000 women worldwide received them until sales ended in March 2010. Of those, more than 5,000 are joining the fraud trial, saying the executives

misled them into believing the implants were safe.

Mas' lawyers said the number of women listed in the case as victims is the largest in French judicial history and said the trial was too unwieldy to continue.

Mas declined comment as he entered a Marseille convention centre — turned into a courthouse to host all those participating in the trial.

He has said he never intended harm and his lawyers said the company's failure ruined him financially.

THE ASSOCIATED PRESS



Breast-implant-firm founder Jean-Claude Mas takes a cigarette break outside the trial Wednesday. PASCAL GUYOT/AFP/GETTY IMAGES

## Legal issue. Is it OK to turn gays straight?

Should mental-health professionals be prevented from offering therapies aimed at making gay and lesbian teenagers straight?

A federal appeals court in California on Wednesday grappled with a first-in-the-U.S. bid to ban them.

The "pivot point" of the legal debate, as Judge Morgan Christen called it, appears to be whether such counselling is speech protected by the First Amendment or medical treatment that can be regulated by government.

California deputy attorney general Alexandra Robert Gordon, who is defending the ban, cited testimony before the state legislature by people who said they were harmed by the counselling.

Chief Judge Alex Kozinski said opponents of the law also testified they benefited from the counselling.

The ban was to take effect Jan. 1.

The appeals court put the law on hold until it can resolve the therapy issue.

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## Student in pain. Medical marijuana lights up a controversy at school

A post-secondary student in Calgary is raising questions about whether she should be allowed to take her medication at school.

Her medication is ... medical marijuana.

Lisa Kirkman studies journalism at the Southern Alberta Institute of Technology (SAIT) and suffers from chronic pain and a blood disorder.

She manages her condition with the aid of the marijuana, which she takes through a vaporizer.

The vaporizer produces an odour and makes a slight

noise — and has caught the attention of school officials.

Kirkman says she has been told SAIT may ask her not to use the vaporizer within any of its buildings. SAIT says no decisions have been made.

"This is a unique situation and we are reviewing our options to ensure that SAIT meets all of its legal obligations," the school said in a statement.

Kirkman says one solution could be a designated area where she could use her vaporizer.

GLOBAL CALGARY



A Calgary student uses marijuana to stifle pain. Should she be allowed to take it at school? GENARO MOLINA/LOS ANGELES TIMES/MCT/TORSTAR NEWS SERVICE/FILE

## Washington delay

### No puffing pot just yet, dudes

Washington state is delaying granting marijuana growing licences — and that means legal pot sales likely won't begin before spring of next year.

Rather than issue growing licences this summer and processor licences this fall, as called for in a tentative prior timeline, the

Liquor Control Board will issue all licences Dec. 1, spokesperson Brian Smith said Wednesday.

That means growers likely won't get to work until December, and the final product won't be ready for a couple of months after that.

Washington joined Colorado last fall in becoming the first states to legalize recreational marijuana for adults over 21.

THE ASSOCIATED PRESS

## Warning: graphic content

### Wife cut, threw out penis, jury told

A California prosecutor says a jealous wife yelled, "You deserve it" before severing her estranged husband's penis with a kitchen knife and throwing it in a garbage disposal.

A jury heard opening statements Wednesday in the case of Catherine Kieu, 50, who is accused of drugging

her husband's tofu with sleeping pills and tying him to a bed before the attack.

Deputy District Attorney John Christl says audio of the July 11, 2011, incident was captured by a voice-activated recorder Kieu had hidden in the bedroom.

Deputy Public Defender Frank Bittar says that Kieu's traumatic childhood in Vietnam, including rape by a brother, caused mental illness.

THE ASSOCIATED PRESS

## Brr! It's only 1 C

### The 'Peg's a little weather-worn

After an unseasonably warm spring in 2012, Winnipeg is paying back.

Wednesday's high of 1 C marked a new record for the weather-worn city, which has now seen 37 consecutive days of below-normal temperatures.

It's also the latest date in more than 140 years in

which temperatures had yet to reach 5 C. The last time it took this long to reach 5 C was in 1872, says Environment Canada.

As an aside, the last time the city failed to reach 5 C by April 15 was in 1950, when the city later flooded in an event only over-shadowed by the Flood of the Century in 1997.

More floods may be in store for Winnipeg and southern Manitoba this spring. ELISHA DACEY/METRO

# Iron Lady laid to rest in a grand funeral

**Margaret Thatcher.** Some camped in a field to be there; mourners included the Queen and reps from 170 countries

Margaret Thatcher was laid to rest Wednesday with prayers

and ceremony, plus cheers and occasional jeers, as Britain paused to remember a leader who transformed the country — for the better according to many, but in some eyes for the worse.

A sombre crowd lined the normally buzzing streets around parliament, contained behind temporary fences and police lines, waiting to see catch a glimpse of Thatcher's

coffin. The coffin was put on a gun carriage for the road to St. Paul's Cathedral.

Soaring hymns, biblical verse echoed under the dome of St. Paul's as 2,300 relatives, friends, colleagues and dignitaries attended the ceremonial funeral. Bishop of London Richard Chartres spoke of the strong feelings Thatcher still evokes. **KIERON MONKS/METRO,**

**WITH FILES FROM THE ASSOCIATED PRESS**

## Still controversial after all these years

Margaret Thatcher — the Iron Lady — brought major change to Britain during her 11-year tenure from 1979 to 1990, privatizing state industries, deregulating the economy, and causing upheaval whose impact is still felt. She died April 8 at

the age of 87.

- Her funeral's \$15-million cost proved controversial, and a small anti-Thatcher group turned their backs on the carriage. Others countered with flowers.



**Mourners react as Margaret Thatcher's coffin passes.**

CARL COURT/THE ASSOCIATED PRESS

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## China

### Deaths of 530 pigs and dogs investigated

Hundreds more pigs have been found dead in China — this time together with dozens of dogs.

A total of 410 pigs and 122 dogs were discovered earlier this week in central Henan province. It's suspected the deaths had to do with chemical factories that have been ordered to suspend production.

**THE ASSOCIATED PRESS**

## 'Name and shame'

### Syria's army accused of sexual war crimes

The UN Security Council on Wednesday heard accusations that Syria's army, intelligence agency and a pro-government militia are sexual war criminals for rape and assaults on women and children, along with the al-Qaida movement in Mali.

The "name and shame" tally was in a UN report.

**THE ASSOCIATED PRESS**



### Quake's painful aftermath

A nurse treats an injured girl evacuated from an earthquake-affected area at a military hospital in Quetta, Pakistan, on Wednesday. The country evacuated 16 seriously injured people after 36 were killed and thousands of Pakistanis left homeless following this week's quake.

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# Scourge of suicide shatters remote northern reserve

## Fast help wanted.

Community declares state of emergency after deaths: 'Now we have nothing left,' chief says

Two recent deaths among members of the Neskantaga First Nation have prompted the remote northern Ontario community to declare a state of emergency.

It wants fast help to stop the scourge of suicide.

The First Nation northeast of Thunder Bay has seen two of its members die over the past two weeks, throwing the fragile community of 300 into grief and fear for the stability of other families.

## A chief's pain

Chief Peter Moonias hopes for help from any level of government in putting together a long-term plan to confront serious problems with prescription drugs.

- **Emergency.** He estimates more than half the community's adults are addicted to OxyContin or other painkillers.

Chief Peter Moonias said that just as the community was burying the first victim — a man in his 30s — they learned of the death of a 19-year-old from Neskantaga living in Thunder Bay.

Moonias said police have

yet to declare the second death a suicide, but he suspects they soon will.

The problems come just a few months after another young man took his life there in December, a tragedy that prompted the community to close ranks and put its youth on suicide watch.

"One suicide, we could have handled.... Not easily, but we could have come back," said Moonias.

But the suicides are coming so close together that almost no one in the community has been left untouched.

And now they can't cope. "Now we have nothing left. We have hardly anybody who is not affected in the community."

"The community situation ... is in a state of shock."

THE CANADIAN PRESS



## Golly! Google's going hiking

Fancy a walk with your sweetie on a secluded beach? Why not just Google it? A deal between Parks Canada and Google Maps will soon allow you to do just that. The global Internet giant's staff will drive the roads and hike the paths of national parks and historic sites by the end of 2014 using special backpack-mounted cameras. Virtual visitors will be able to stop and look around ... as if they were actually there. Yes, it's a walk in the park. JONATHAN HAYWARD/THE CANADIAN PRESS

## Seniors targeted

### Long-lost kin? They'll scam you

Police in Windsor are warning residents, particularly seniors, about con artists posing as long-lost relatives.

Elderly people have received phone calls from supposed relatives in Europe saying they are in Canada and require money for emergencies or large-ticket purchases.

Scammers appear to know personal information about their victims and may speak to them in their own language.

Police say in one case the suspects were mining information from a Facebook page.

While past scams have involved the wire transfer of money, police say scammers are now going to homes to pick up cash.

In two cases, Windsor families were defrauded of more than \$20,000. Cash was picked up by a well-dressed South Asian man in his 30s driving a silver car.

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## Boston bombing. Student snuffed out in her prime

Less than 24 hours before she died, Lu Lingzi sent an exuberant email to a professor after learning she had passed part of a major final exam.

"I am so happy to get this result!" she wrote. "Thank you very much."

Lu, 23, was killed on Monday in the Boston Marathon explosions, according to a statement from Boston University. She was a graduate student studying mathematics and statistics and was scheduled to receive her degree in 2015.

Lu was at the race with two friends from BU. One, Danling



Lu Lingzi

Zhou, was injured and is in stable condition, the school said.

On Monday morning, Lu put the finishing touches on a research project she was set to present.

Lu was a vivacious chatterbox who had lots of friends on campus, said Tasso Kaper, chair of the math and statistics department. **THE ASSOCIATED PRESS**

### Think or act?

## Harper, Trudeau spar over bombing

Terrorist attacks such as the one at the Boston Marathon should prompt manhunts, not soul-searching, Prime Minister Stephen Harper said Wednesday in a thinly veiled jab at his new Liberal rival.

"When you see this type of violent act, you do not sit

around trying to rationalize it or make excuses for it or figure out its root causes," he said. "You deal with (the guilty) as harshly as possible."

Harper's comments appeared to be a rebuttal to a CBC interview with Justin Trudeau, in which he said: "We have to look at the root causes.... Our approach has to be, where do those tensions come from?"

**THE CANADIAN PRESS**

# Man arrested, accused of mailing poison to president



Investigators comb the scene of the blasts in Boston. JULIO CORTEZ/THE ASSOCIATED PRESS

## United States on edge.

Media overwhelmed with flood of news on letters, Boston bombings

America's frayed nerves found little relief on Wednesday as news emerged of a poison-laced letter addressed to U.S. President Barack Obama, while investigators endeavoured to close in on a suspect in the Boston Marathon bombings.

Agents arrested Paul Kevin Curtis, 45, in Tupelo, Miss., in connection with letters sent to Obama and a Republican senator from Mississippi. They tested positive for deadly ricin in preliminary analyses.

Earlier in the day, officials said they doubted the letters were linked to the bombings.

The letters were intercepted at off-site mail facilities and were undergoing further tests.

With Americans anxious for a break in the bombing case, information was being leaked

### From the letters

**"To see a wrong and not expose it, is to become a silent partner to its continuance."**

A passage from the letters sent to two U.S. politicians, signed "KC, and I approve this message."

to the media at a furious speed.

At one point mid-afternoon, The Associated Press cited an anonymous official as saying an arrest was imminent. Other officials shot down that report. CNN said an arrest had, in fact, been made. Several outlets said investigators had identified a suspect from a video.

CBS News, meanwhile, reported that the bomber was on the phone when he dropped off a second backpack. The network reported cellphone records resulted in the suspect's identification. But NBC reported police had a face, not a name, based on a surveillance video. **THE CANADIAN PRESS**



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## Legislation blocked

## Obama calls gun-control defeat by Senate 'shameful'

The U.S. Senate blocked bipartisan legislation Wednesday aimed at tightening restrictions on the sale of firearms, a huge defeat for President Barack Obama and a rejection of personal pleas by families of the victims of last winter's mass elementary school shooting in Connecticut.

An attempt to ban assault weapons and a ban on high-capacity ammunition magazines were also rejected in series of show-down votes four months after a gunman killed 20 school children and six staff members at Sandy Hook Elementary School.

The background-check measure commanded a majority of senators, 54-46, but that was well short of the 60 votes needed to advance.

"All in all, this was a pretty shameful day for Washington," said Obama, speaking to the nation after the vote. **THE ASSOCIATED PRESS**



## Charged over Instagram post

Jennifer Pawluck, charged after posting an Instagram photo of graffiti showing Montreal police Cmdr. Ian Lafreniere with a bullet in his head, leaves the courtroom following her arraignment Wednesday in Montreal. Pawluck, 20, is charged with criminal harassment. Her case was put off until May 24, when her trial date may be set. **PAUL CHIASSON/THE CANADIAN PRESS**

# 1 in 7 Canadians aged 14-59 may have herpes virus

**Sexually transmitted infections.** New study of herpes simplex type 2 virus and chlamydia finds majority don't realize they are infected

## Most not aware

## 6%

Of those who tested positive for herpes simplex 2, only six per cent were aware that they carried the virus.

mates were based on data collected from positive cases or screening of people considered to be at high risk of having the infections, a system that may not provide a true picture of the scale of infections.

The research was part of the analysis of urine and blood samples and data collected during the 2009-11 cycle of Statistics Canada's Canadian Health Measures Survey. The results, which are considered a representative sample of most Canadians in that age group,

are based on the study of blood and urine samples taken from roughly 3,250 Canadians.

The study found that less than one per cent — 0.7 per cent to be precise — of people tested were infected with chlamydia. Participants were asked if they had ever been diagnosed with a sexually transmitted infection and none of those who tested positive for chlamydia reported having received a diagnosis of an STI.

Although it is a reportable disease, chlamydia is what's known as a silent infection. Most people have no symptoms. Antibiotics can cure the infection. Herpes simplex 2 is also often an asymptomatic infection, though it can appear as blisters and sores around the genitals, rectum or mouth.

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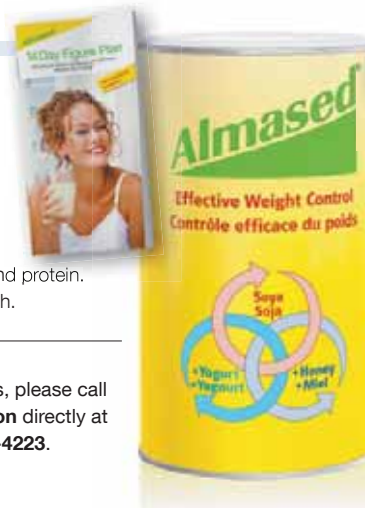
Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

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Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

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3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
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## ... and a supersized meal for the horse

People going for lunch at a McDonald's restaurant in Helsinki this past weekend were surprised to see two policemen on horseback join the drive-thru queue. McDonald's welcomes all horses — ridden by policemen and members of the public alike — to the drive-thrus at their eateries, said a communications director for McDonald's Finland.

JUKKA HIIRO/METRO WORLD NEWS IN HELSINKI

## Air travel. Feds should open skies to foreign carriers, CAC argues

The Consumers' Association of Canada is calling for the federal government to allow more competition from foreign airlines. The group says Canada's current policy protects the dominant domestic airlines and limits consumer options.

Association president Bruce Cran says it will use recent polling data to support its call for change in Canada's aviation industry. A Harris/Decima telephone survey of about 1,000 people in late January and early February found 61 per cent of respondents agreed that foreign airlines should be allowed to compete with Canadian carriers. "Consumers want choice and competition for their travel dollar," Cran said in a statement Wednesday.

THE ASSOCIATED PRESS



You know you want it: Wearable computing devices like the Pebble smart watch and Google Glass are expected to explode in popularity over the next year and could become the norm within a matter of years, tech analysts say.

THE ASSOCIATED PRESS FILE/GETTY IMAGES FILE



# So long smartphone, hello smart watch?

**Tech trend.** Some wearable computing gadgets could have mass appeal, observer says

Using wearable computing devices like smart watches and smart glasses will appeal to consumers as an alternative to pulling out their smartphones, say technology experts. You'll be

able to respond to text messages or emails and make phone calls without reaching for your phone, said Info-Tech Research Group's Mark Tauschek.

"If you've got a smart watch on your wrist or you're wearing Google Glass, you're going to get those notifications on your wrist or in your eye so you don't have to reach into your holster or pocket or purse or whatever to grab your smartphone," Tauschek said. THE CANADIAN PRESS

### Smart watches

- Smart watches such as Pebble, I'm Watch and Martian use Bluetooth technology to pair with smartphones, and do some of their work.
- Apple, Google and Samsung are also reportedly pursuing smart watches.

### Market Minute



DOLLAR  
97.41¢  
(-0.58¢)



TSX  
11,947.29 (-172.64)



OIL  
\$86.68 US (-\$2.04)



GOLD  
\$1,382.70 US (-\$4.70)

Natural gas: \$4.20 (+4¢)  
Dow Jones: 14,618.59 (-138.19)

### Bling on the beat

## Dubai police add Ferrari to fleet

Seems Dubai police have a thing for Italian speed: They're making preparations to have a nearly \$250,000 US Ferrari join an even pricier Lamborghini as the flagship flash of its fleet. Photos carried Wed-

nesday by the Emirates 24/7 online newspaper show the car getting the green-and-white colours of Dubai's police force. Last week the force unveiled a nearly \$550,000 US Lamborghini Aventador.

The two cars will roll through tourist zones in yet another expression of the city's endless pursuit of glitz. THE ASSOCIATED PRESS

### Health care

## Doctors flee Puerto Rico for U.S. mainland

Going to the doctor in Puerto Rico has for years often meant getting in line. Now, it might mean getting on a plane. A medical exodus is taking place

in the Caribbean territory as doctors and nurses flee for the U.S. mainland, seeking higher salaries and better reimbursement from insurers.

Many of their patients, frustrated by long waits and a scarcity of specialists, are finding they have no choice but to follow them off the island.

THE ASSOCIATED PRESS

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# CLEAN? OVER MY DEAD BODY

Ah, spring! That magical time of year when a single man's fancy turns to removing from the refrigerator items that are branded "Official sponsor of the Vancouver Olympics."

Yes, it's time for spring cleaning.

According to a Wikipedia entry that I just wrote, spring cleaning as a modern ritual dates back to the 1920s, with the annual cleanup at the Slinky factory in Ohio, where workers would clean the toy springs top to bottom in time for autumn inspection.

This adjectival misunderstanding led people to dust, mop and organize their homes every spring as the weather warmed, which was convenient because those sexy outfits that maids are always wearing are terribly nippy in the winter.

The event caught on and now almost everybody does it. Even I take part in spring cleaning, despite the fact that I practise a special bachelorhood religion that considers dust bunnies sacred.



HE SAYS

**John Mazerolle**

metronews.ca

Which leads to a tricky question: Why do I do it?

God knows I don't make it easy on myself. I believe in a challenge, which is why spring cleaning is what I like to call "the only time I clean all year." Less concise, more accurate.

For most of the year, I just look around as I'm leaving for the day and think, "If I died today, would I be mortified when people open my apartment?"

In other words, my place has to be so disgusting that I would feel shame from beyond the grave. If there are no creatures with eyeballs living in the apartment and no need for the gag reflex, I'm usually satisfied. So spring cleaning is, like me, kind of a big deal.

I start by dusting the dust off the duster, taking the mothballs out of the mothballs and cleaning up the cleaners. Fully armed, I tackle the household from eye level to bottom.

I even wash the dishes, instead of my usual ritual of draining

the water and resoaking repeatedly in hopes that the dishes will dissolve. If anyone ever invents a water-soluble, one-use frying pan, I'll be first in line — every morning.

Tackling the bathroom is also key. Usually there are so many pairs of underwear on the floor it looks like Judgment Day came and God took up only people who were mid-orgy.

Then there's the fridge, which doubles as a Grade 4 science project missing only the Bristol board that says "mould" at the top. The vegetable crisper (total misnomer) is often vegetable soup, and the multiple milk cartons in the door are like a retrospective: "The Best-Before Dates of 2012."

But I still go through with the cleanup. Why? Basic hygiene? Goodness, no.

It's because it feels like a chance at new beginnings. I can wipe the slate clean, dust off my dreams and wash away the memory of that night I woke up on the living-room floor with a half-eaten junior bacon cheeseburger in my pocket. Like a New Year's resolution reprise, spring cleaning is a chance to "start clean."

That way, the carpet won't be dirty when it happens again.

## ZOOM

### A six-legged robot — take a hike!



ALICK COTTERILL/REX FEATURES

#### Behold, the largest hexapod robot in the world can walk

Meet Mantis, the six-legged walking machine. The menacing robot claims to be the biggest all-terrain operational hexapod robot in the world.

Designed and built in Winchester, Hampshire,

south England, after four years of research and development, it is the brainchild of Matt Denton, founder and chief designer of Micromagic Systems.

The robotic device can be piloted from within the cockpit or remotely using Wi-Fi technology. It's available now for private hire, custom commissions, events and sponsorships.

METRO

#### Q and A

#### Creator inspired by Star Wars movie



**MATT DENTON**  
Founder of Micromagic Systems

**What inspired you to make this?**

It started at a young age while watching sci-fi films such as Star Wars: The

Empire Strikes Back. Seeing those imposing AT-ATs walk across a snowscape got me fascinated with the concept of using legged locomotion on vehicles. This ultimately led me to working in the film industry within animatronics.

I built my first hexapod robot back in 2001, it was about 30 centimetres long. I guess the Mantis was a natural progression. METRO

#### Clickbait

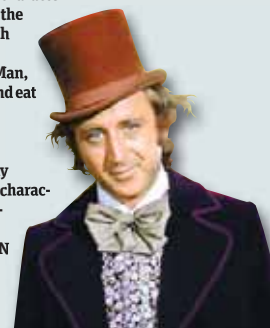
**Because your Twitter feed can never have enough sarcasm, here are a couple of 'celeb' parody accounts to follow if you want to spice up your daily intake of hilarity.**

#### @WonkaTweets:

Gene Wilder is back in a condensed, 140-character version of Willy Wonka. He makes fun of the next generation while cracking jokes with gems like, "I bet when cheetahs race and one of them cheats, the other one goes, 'Man, you're such a cheetah!' and they laugh and eat a zebra or whatever."

#### @DRUNKHULK:

As the name suggests, this Twitter parody account is your favourite Marvel Comics character who drunk tweets in an all-caps, first-person, poor-grammar style. One of his latest: "5.5 TONS OF NUTELLA STOLEN IN GERMANY! SOMETIME IT FEEL LIKE DRUNK HULK NOT LIVING UP TO FULL POTENTIAL!"



#### Letters

#### RE: Preschoolers Who Drink Low-Fat Milk More Likely To Be Overweight, published March 25

This is a story of another industry lie like the tobacco and sugar industry.

The dairy industry has promoted low-fat as good for your health, but actually it is good for their bottom line because they can extract more cream to make more products.

The simple science is: All that is left in the milk after the "fat" cream is removed is the sugar (lactose) so when you drink this "healthy" product you are just adding more sugar to an overloaded, Western, sugary diet. The little fat left in the three per cent milk actually works to reduce and slow the sugar uptake, and adds

more food value to the milk, which is healthier. One day, hopefully, all these lies will be shown: the sugar poison, the fat-free, high-sugar products.

I don't buy organic, I'm just concerned about the poor Western diet and the lies we are told. **44fourty posted to metronews.ca**

#### RE: UBC Study Reveals Most People Don't Know A Woman's Eggs Are As Old As She Is, published March 27

This article left me feeling depressed. I'm 34 years old, and not even close to having children, even though I dream of having few.

It's a grim reminder of how quickly life passes, and the pressure we women are under. **Agnieszka Jeglinska posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)**



# Image captured in split second, but artist's gratification delayed

**SPAO.** Photographer participating in school's grad exhibit likes to do her work the old-fashioned way



**BACKSTAGE PASS**  
Samantha Everts  
ottawa@metronews.ca

Since 2005 the School of Photographic Arts: Ottawa (SPAO) has been churning out the future wave of Patrick Demarchelier and Annie Leibovitz.

The school, located in Ottawa's Byward Market, trains students to achieve that high level in their work, and is showcasing graduates' work this weekend with a special exhibit.

Photographer Sarah Anderson is one of the school's promising grads.

"(In the two-year program) I've taken hundreds of thousands of photos," she said. "Narrowing down (to those to be exhibited) was quite a difficult process."

Anderson has always been fascinated with photography and the concept of being "on the road," so her graduating exhibit, Fort Myers, Florida, was a natural combination of the two.

Fort Myers, Florida is a landscape-focused piece and features snapshots of an America in limbo between prosperity and the lost American dream.

"The recession hit Fort Myers hard," said Anderson, who has travelled to Florida with her family annually since she



SPAO's exceptional exhibition includes prints, bound photographic portfolios and video from its talented photographers like Sarah Anderson, the artist behind this photo. SUBMITTED

was four. Unlike those family road trips, Anderson flew to Florida to complete the series in February and March of this year.

She was interested in the difference of communities between Canada and America, though the series isn't deliberately political.

"There's still a lot of segregation there," she said.

A photo of black fishermen entitled Waiting, with pelicans looming nearby and a fence blocking the ocean view begs for the rest of the story to

## Details

About 12 photographers will be exhibiting their work this weekend, with Anderson doing a short artist talk on Saturday.

- **When/where.** April 19 to 21, 168 Dalhousie St.
- **More information at.** spao.ca

be told.

Other photos, such as one capturing an abandoned drive-thru window, offer a timeless quality.

"I see very visual differ-

ences between American and Canadian culture," said Anderson.

She uses her SPAO Photo-shop training to bring out the best in her images, but

she says she keeps her use of touch-ups limited.

"I don't like to manipulate an image to make it something that it's not."

Anderson says she prefers to use predominantly natural lighting and Photoshops out mostly "dust" to create the most compelling image.

All 30 colour images included have been shot on film, a medium which she considers more "precious" than digital.

"I like shooting on film because it's slower and I don't get immediate gratification."

# 2 SCENE

## LOOKING TO MAKE A CAREER CHANGE?

Read metro<sup>work</sup> every Monday & Wednesday.

# Wish upon a star and dreams come true

**Winning.** Rogers, Cityline and Breakfast Television team up with Disney and WestJet in the biggest contest of its kind

VAWN  
HIMMELSBACH  
scene@metronews.ca

There's winning a trip — and then there's winning a trip with your family to Disney, being treated like a VIP from the moment you set foot in the airport and having a chance to win prizes that money can't buy while hanging out with on-air personalities on live television.

It's the biggest contest of its kind offered by Rogers Media, Cityline and Breakfast Television in partnership with Disney Parks and WestJet Vacations. City gave away a total of 32 vacation packages, including return airfare to Orlando, accommodations at Disney's Magic Kingdom, a \$600 US Disney gift card and theme park passes.

The winners will be taking over Disney World in Florida on Apr. 22 and 23 — and viewers will get a chance to share the excitement and even win a trip.

But what makes this contest different is that winners will be given an opportunity to compete, on air, for prizes that money can't buy, said Kevin Forget, producer of Breakfast Television Toronto, adding that you have to watch the shows for details on the prizes.

The party will start from the time they check in at the airport, where they'll receive "teal" carpet treatment from WestJet, said Jordan Schwartz, vice-president of in-house productions with Rogers Media. They'll also get to experience the park before it opens to the general public, spend time with on-air personalities from across Canada and take part in live broadcasts. And, for viewers, there will be plenty of entertainment from Canadian TV hosts and guest experts.

Dreams could still come true for viewers at home, who have a chance to win a prize pack from Disney and WestJet during the live broadcasts.



Tracy Moore and Brian Gluckstein finding some magic in the Disney Kingdom. HANDOUT

## Broadcast details

Cityline will air from the Magic Kingdom on April 23 at 9 a.m. ET on City

- **Dates.** Breakfast Television Toronto will broadcast

two shows from the Magic Kingdom on April 22 and 23 from 5:30 to 9 a.m. ET on City

- **Broadcasts.** Breakfast

Television in Vancouver, Calgary, Edmonton and Winnipeg will air live segments throughout their regular broadcasts on April 22 and 23 on City

## Online extras

### Behind the Disney curtain

ELISHA  
DACEY  
Metro Winnipeg

When I told my five-year-old she was going to Disney World, there was stunned silence. Then a gasp. Then a party broke out in our kitchen.

Thanks to the kind folks at City, WestJet and Disney, myself, my husband, Andy, and my Bean are going to Disney World in Orlando for five days next week as part of the City in Disney event. I plan to write about some Disney tips and tricks — stories you'll only be able to find on the Metronews.ca website. It will include exclusive behind-the-scenes looks at what it takes to put a TV show together in Disney.

**Elisha Dacey is the managing editor of Metro Winnipeg. Follow her on twitter @elishadacey.**



## CONTEST



Enter for your chance to win a VIP weekend pass to AMNESIA ROCKFEST June 14 and 15, 2013, at the Marina de Montebello in the Ottawa Valley. This VIP pass includes a pair of wrist bands for the 2 days, as well as two t-shirts and two beanies. What's more, 10 lucky people will receive a double-pass to enjoy a full day at the festival.

No purchase necessary. Contest open to residents of the Greater Ottawa area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number and calibre of eligible entries received. One (1) Grand Prize is available to be won, consisting of a pair of wrist bands for the 2 days, as well as two t-shirts and two beanies. (Approximate retail value of \$273 CDN). Ten (10) Secondary Prizes are available to be won consisting of a double-pass to a full day at the festival (approximate retail value of \$1780 CDN). Skill testing question required. Contest closes May 2nd, 2013 at 12:59PM EST. To enter and for complete contest rules visit [www.clubmetro.com](http://www.clubmetro.com).

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# NEW OR RESALE: PROS AND CONS

Resale or new? What's right for you?

You are financially and emotionally prepared to take the plunge and buy your first home. But what kind of home will it be — new or resale? If you are feeling somewhat conflicted, here are a few pros and cons that might help make the decision easier.

## BUYING A NEW HOME

### PROS

**Customization/personalization:** You usually have the opportunity to participate in the process of designing your property, which helps create a living space tailored to your tastes.

**Fewer repairs:** You have lower maintenance costs because everything is new and many items are also covered by a builder's warranty.

**Latest building codes** have been applied: Your new home will be up-to-date in terms of the latest electrical and energy-efficiency codes/standards.

### CONS

**Taxes:** GST will apply. However, you might qualify for a rebate of part of the GST or HST on homes that cost less than \$450,000.

**Extra costs:** Adding landscaping and upgrades such as hardwood floors, premium carpeting and granite countertops can drive up new home costs quickly. Make sure you know what's included in the price of your house.

**A longer wait:** If you are having a new home built be prepared for delays. In fact, you could wait up to a year — or longer.



GOODSHOOT/THINKSTOCK

## BUYING A RESALE HOME

### PROS

**No GST/HST:** You don't have to pay GST/HST unless the house has been renovated substantially. In this case, taxes will be applied as if it were a new house.

**Easier access to services:** Resale homes are usually in established neighbourhoods, which means you will be closer to services, schools and shopping.

**More character:** Older homes have architectural and design features not incorporated in most of today's new houses.

### CONS

**Renovation costs:** You might need to redecorate, renovate or do major repairs such as replacing the furnace, fence, roof, windows and doors.

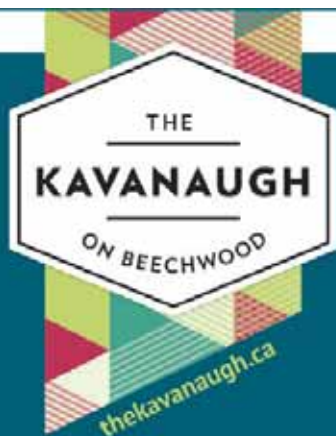
**Mortgage default insurance:** If your down payment is less than 20 per cent, you will be required to pay mortgage default insurance.

**Energy costs:** Older homes are less energy efficient. You may have to spend more money on heating or invest in extra insulation in your walls and/or attic.

— Teresa Chykowski



ISTOCKPHOTO/THINKSTOCK



Who says condos can't  
be spacious.

domicile

# HOW TO CHOOSE A WINNING TEAM

**BUYING A HOME CAN BE A CONFUSING AND EMOTIONAL PROCESS — EVEN MORE SO IF YOU ARE A FIRST-TIME HOMEBUYER. WHERE DO YOU TURN FOR EXPERT HELP, SUPPORT AND ADVICE THAT WILL EASE THE STRESS AND MAKE THE PROCESS GO SMOOTHLY?**



JUPITERIMAGES/COMSTOCK/THINKSTOCK

**REAL ESTATE AGENT:** Is licensed to negotiate and arrange real estate sales. Agents can show and list properties, and complete listing agreements and purchase contracts. They must know the market value and positive and negative aspects of properties.



ISTOCKPHOTO/THINKSTOCK

**MORTGAGE SPECIALIST:** Is employed by a financial institution and can help guide you through and advise you on the range of products that their company offers.



BRAND X PICTURES/THINKSTOCK

**PROFESSIONAL RENOVATOR:** Is a general contractor, sometimes referred to as a renovation contractor, who can adapt the home to your needs. The renovator will assume responsibility for the work contracted and give you a warranty once it's completed.



ISTOCKPHOTO/THINKSTOCK

**NEW BUILDER SALES REP:** Are paid to represent the builder. Due to the high volume nature of new home sales, many builder's agents are paid less than a traditional commission; some earn a salary plus incentives. They can also help you choose the right upgrades.



COMSTOCK/THINKSTOCK

**REAL ESTATE LAWYER:** Acts as "quarterback" for you, ensuring that your closing and all of the related documentation is complete and delivered on time. Typically, you will meet with your lawyer a day or two before closing.



COMSTOCK IMAGES/THINKSTOCK

**HOME INSPECTOR:** Identifies whether a home has any defects. This means they should be fully aware of relevant local ordinances, such as frame construction, electrical and plumbing systems, heating and cooling systems, and the condition of any other structures that are found on the property.

— Teresa Chiykowski



## DETERMINING WHAT YOU CAN AFFORD

It's an exciting time in your life. You are ready to trade rent cheques for mortgage payments but the question is, "How much can you really afford to spend, all factors considered such as your income, debt load and expenses?"

The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you can afford before making a final decision.

Gross debt service ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable). A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income. For example, if your gross monthly income is \$5,000, you should not be spending more than \$1,600 in monthly housing expenses.

Total debt service ratio (TDS) meas-

ures your total debt obligations (including housing costs, loans, car payments, and credit card bills). Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget. Take your household's gross annual income (salaries, wages and taxable income before taxes) and multiply by 3.4. For example, if you have an annual household income of \$70,000, you should be able to pay \$238,000 for a home.

— Teresa Chiykowski



# PERFECT BALANCE

## THE KAVANAUGH WILL SET NEW STANDARDS

The Kavanaugh promises to set a new standard for condominium living in Beechwood Village, one of the city's most desirable neighbourhoods.

Created by Domicile, a leading Ottawa developer, the project involves 132 units designed for modern, sustainable lifestyles. Condos range in size from 604 to 1,676 square feet and feature a wealth of environmentally friendly features such as EnergyStar® appliances, heat pumps, double-glazed windows with low-emission panes, zero-VOC latex paints, dual-flush toilets, and water-efficient showerheads.

Created to support a modern lifestyle in one of Ottawa's oldest neighbourhoods, the Kavanaugh strikes a perfect balance between old and new. Named after Rupert Kavanaugh, who ran a gas station and service centre on the site for more than 57 years, the project boasts a number of modern amenities, including indoor bicycle storage, spacious balconies, a mezzanine-level fitness centre and

### STRONG ROOTS

Although Domicile was founded in 1976, its roots stretch back more than a century. William Doran, the grandfather of co-owner John Doran, ran a construction business in the 1890s and worked on the East Block of the Parliament buildings. In recent decades, Domicile has earned a strong reputation for renovating and restoring older homes and for leading urban in-fill projects.

an all-season rooftop lounge and outdoor terrace. Each unit comes equipped with stainless-steel, counter-depth appliances (including a gas cooktop) and granite countertops. The building incorporates four- and 10-storey sections, ground-level retail and underground parking.

Domicile's reputation has continued to evolve over the past 37 years. With each



CONTRIBUTED

new development, the company demonstrates its progressive approach to building safe, healthier communities in Ottawa's urban neighbourhoods. Last year, Ottawa Public Health presented Domicile with the "Smoke-Free Champion Award" for making hōm (Champagne Avenue), One3one (Holland Avenue) and now The Kavanaugh entirely smoke-free.

Domicile's progressive approach and

commitment to quality helped the company win a prestigious "Ontario Builder of the Year" award in 2011 from Taron, the private corporation that administers the Ontario New Home Warranties Plan Act. The awards are based on results of surveys sent to Ontario homebuyers. The success of The Kavanaugh and the positive community response promises to build on Domicile's strong reputation.

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domicile



# SIMPLIFYING MORTGAGE CHOICES

Mortgages can be confusing business, especially if you have never had one. Fixed, variable, open, closed — what does it all mean? To demystify the topic, here is an overview of some of the language you can expect to encounter when you shop for a mortgage.

**CONVENTIONAL MORTGAGE:** Is equal to, or less than, 80 per cent of the lending value of the property. The lending value is the property's purchase price or market value, whichever is less.

**HIGH-RATIO MORTGAGE:** Usually requires mortgage loan insurance because the down payment is less than 20 per cent of the home price.

**AMORTIZATION PERIOD:** The number of years it will take to pay back your mortgage loan, or the time over which all regular payments would pay off the mortgage. This is usually 25 years for a new mortgage, however, it can be longer (up to a maximum of 35 years). The longer the amortization, the lower the scheduled mortgage payments, but the more interest you pay in the long run.

**CLOSED MORTGAGE:** You cannot prepay, renegotiate or refinance a closed mortgage before it matures, except according to its terms. You are locked into a specific payment schedule and a penalty usually applies if you repay the loan in full before



ISTOCKPHOTO/THINKSTOCK

the end of a closed term. This is a good choice if you would like to have a fixed monthly payment.

**OPEN MORTGAGE:** You can usually pay off part of or the entire amount of an open mortgage at any time without penalty. This can be a good choice if you plan to

sell your home in the near future.

**VARIABLE-RATE MORTGAGE:** The rate of interest may change if other market conditions change. This is sometimes referred to as a floating rate mortgage.

**FIXED-RATE MORTGAGE:** The rate of interest is

fixed for a specific period of time.

**ADJUSTABLE MORTGAGE:** Both the interest rate and the mortgage payment vary, based on market conditions.

Your lender can help you make the choices that suit your budget and lifestyle.

— Teresa Chiykowski



TOP PHOTO GROUP/THINKSTOCK

## DO YOUR HOMEWORK BEFORE YOU BUY

Buying your first home? If you are ready to make that major move to mortgage from rent, there are some important things to consider, including the property type that's right for you.

### URBAN CONDO

Does minimal maintenance and a carefree lifestyle appeal to you? If so, an urban condo is probably the ideal fit.

**PROS:** Shopping and entertainment are usually within walking distance — no wheels required. External maintenance costs are covered by your monthly condo fees, which makes home ownership much easier if you enjoy a busy lifestyle.

**CONS:** Monthly condo fees run hundreds of dollars. In many cases, a parking space can cost \$25,000 to \$30,000. If you work

outside the city, you will have to incur commuting costs. Also, beware of any outstanding special assessments over and above what condo fees actually cover.

### SINGLE-FAMILY HOME

If more space is important to you and being responsible for external home maintenance is not a concern, consider a single-family dwelling.

**PROS:** You will have space and privacy because you don't share a wall with neighbours. You also have the freedom to maintain your house and landscape your yard to suit your needs.

**CONS:** If you are buying an older house, be prepared to budget for unforeseen repairs and updates such as windows, roofing and furnace. If you want a new

house, complete with upgrades such as hardwood floors and granite countertops, consider this when preparing your budget. Upgrades can add up fast.

### FREEHOLD TOWNHOUSE

Finally, if you want your own easy-to-manage home without condo fees, it's worth looking at freehold townhomes.

**PROS:** With a freehold, you own the home and the land around it and are not subject to monthly condo fees or the stringent rules and regulations set out by a central committee.

**CONS:** There is no central group that has power over the complex. As a result, exterior colours have no continuity, landscaping tastes and expectations diverge and other issues can arise.

— Teresa Chiykowski



# IN THE MARKET FOR A NEW HOME OR CONDO?

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INSIDE  
FOR

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## YOU'VE COME A LONG WAY

### CONDO LIVING GOES FREESTYLE

Over the course of 30 eventful years in real estate, Marnie Bennett has toured just about every possible type of condominium. Very little surprises her, but she can tell you that she is "blown away" by the level of luxury available today in Ottawa's condo market.

That's not to say that there aren't some great, simple condos out there, with minimal condo fees and basic building maintenance. These definitely respond to the needs of many buyers. But if you are looking to be pampered, there has never been a better time to go condo shopping in this city.

It's not simply that the quality of available finishes has gone through the roof, although that's certainly true. In today's luxury condos, marble, granite and hardwood are de rigueur, and architectural features such as nine-foot ceilings and wall-to-wall windows are not uncommon. She has even encountered bathroom mirrors embedded with LCD televisions —

flossing your teeth need never be boring again.

But it's the amenities that have really evolved. When Bennett started out, purchasers of luxury condos could expect to enjoy the use of a nice swimming pool, weight room and party room. Nothing to sneeze at, yet these features pale in comparison with rooftop pools surrounded by cabanas, fully staffed fitness facilities and spas, and the use of executive boardrooms, screening rooms and rooftop lounges with hot tubs and outdoor kitchens. And these are just some of the bells and whistles she has encountered in the last couple of years.

Some new condominiums are built in conjunction with boutique hotels, giving residents unlimited access to a full menu of services including 24-hour concierge, room service, dog walking and house-keeping. Need your suit pressed? Tickets to the game? No problem.

Condo living allows a certain care-free way of life — residents don't need to give a second thought to upkeep, and are free to "lock and leave" at a moment's notice. With mortgage rates at an



HEMERA/THINKSTOCK

all-time low and the opportunity to buy with only one per cent down, condo living is available for everyone. Kiss your landlord goodbye, build your wealth and live in luxury.

*Marnie Bennett is a broker and the*

*marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate. For more, see [ottawarealestateedge.com](http://ottawarealestateedge.com).*

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## SYNONYMOUS WITH STYLE

### SHOP FOR EXQUISITE, YET AFFORDABLE, FURNISHINGS AT PHILLIP VAN LEEUWEN

If you are looking to furnish your new living space and “distinctive” is on your must-have list, there’s no need to travel to Montreal or Toronto. Chances are you will find the style and prices you want at Phillip Van Leeuwen, located in the heart of the city’s vibrant ByWard Market.

For more than five decades, the Van Leeuwen name has been synonymous with the very best in contemporary and modern home furnishings. Over the years, the company’s exclusive product lines have evolved to include a stunning array of new and unique furniture and lighting at reasonable prices, proving that beauty and quality can also be surprisingly affordable.

For store owner, Phillip Van Leeuwen the search to find distinctive pieces often takes him to many international destinations, where he explores current styles and future trends, and selects the best of the best to display in the store’s 20,000-square-foot showroom.

In addition to premier brands such as Cassina, Ligne Roset, Kartell, FLOU, Artemide and AV Mazzega, Phillip Van Leeuwen also boasts an impressive range of other brands, which arrive from all over the world on a weekly basis.

“The advantage of this is really two-fold,” Van Leeuwen says. “We’re able to

### FREE INTERIOR DESIGN SERVICE

Not sure where to start with your home-furnishing project? Take advantage of Phillip Van Leeuwen’s free interior design service, which includes:

- In-home consultation
- Furniture selection and placement
- Paint colour choice
- Lighting and accessory selection

maintain a low price point for our clientele and also offer them a greater choice of the latest products.”

For intelligent businesses, the secret to longevity is in understanding and adapting to clientele’s evolving needs. Phillip Van Leeuwen is no different. As baby boomers become empty nesters or simply want to trade large family homes for compact condo living, Phillip Van Leeuwen is ready to meet their needs with smaller-scale furniture suited to the condominium lifestyle.

“The vast majority of our product lines are condo-centric,” says David Kiss, sales and marketing manager at Phillip



CONTRIBUTED PHOTOS

Van Leeuwen. “For example, we seldom purchase an extension dining table that does not have self-storage. Many of these tables are designed to seat four people when closed and eight when fully extended.”

Currently, contemporary sleep sofas are one of the store’s best sellers. Stylish in design and exceptionally well-priced, these sofas not only provide comfortable seating but also fold down easily — a vast improvement to the traditional pull-out.

Storage beds are also gaining popularity as people opt to do away with

excessive space-consuming dressers. If people don’t find exactly what they want in-store, they can custom order, choosing from a variety of colours, shapes and sizes.

“We understand our clients are looking for great value without compromising style, and that’s what we strive to offer each and every day,” Van Leeuwen says. “It’s just one of the many reasons we’ve been in business for 50 years.”

Visit [artoffurniture.com](http://artoffurniture.com) to view new arrivals and take a virtual tour of the ByWard Market showroom.

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# IN THE MARKET FOR A NEW HOME OR CONDO?

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## PERFECT FORMULA

EXPERIENCE PLUS  
LOCATION EQUALS  
UPPERWEST SUCCESS

In real estate, it's suggested that there are only three things that matter — location, location, location.

And while often true, for Ottawa condominium buyers, there is one more — experience.

Working together, Ottawa's leading real estate developer, Minto Communities, and the award-winning condominium development team at Canderel Residential have recently launched UpperWest, a new condominium in the heart of Westboro — and with it, a newly designed sales centre and two-bedroom model suite.

UpperWest offers buyers just what they are looking for — a condominium in a great location from an experienced development team.

Considered Ottawa's most highly anticipated new condominium, the recent launch proved to Brent Strachan, Minto's senior vice-president of development, that the project's prime location, in the heart of Westboro, would be a hit to Ottawa buyers.

Located at 485 Richmond Rd., the 25-storey tower offers unobstructed views of the vast green and blue expanses of the Ottawa River Parkway and the Gatineau Hills beyond. UpperWest offers residents a "backyard" unlike any other in Ottawa, set along hundreds of acres of federally-protected parkland that will always remain undeveloped.

Not content to simply let the location be what defines the project, Minto and Canderel turned to Rudy Wallman, one of Toronto's hottest architects, to create a distinctive design that would complement the prevailing urban forms of Westboro, while leveraging the site's unique natural elements.

The result, a new landmark for the capital.

"Rudy Wallman and his firm are among Toronto's hottest architects," says Riz Dhanji, Canderel's vice-president sales and marketing. "Rudy has earned a reputation for creating distinctive condominium towers that make a bold statement. But, more than just creating icons in the sky, Rudy is well regarded for his appreciation for how people live in a condominium. This unique insight has allowed him to design condominium projects — to design suites and common areas — that really work for the way people really live."



ILLUSTRATIONS ARE ARTIST RENDERINGS. E. & O. E.



With keen insight from Minto into the needs of the local market and Canderel's insistence on good design, Wallman has created 191 suites that were designed to meet the needs in mind of both the young professional looking to "move up," and the empty nester determined to find the "right size."

Suites in the tower range from 455 square feet to a spacious 1,391 square feet, although the building's unique design will allow for some units to be

combined, creating "some truly customized homes," Strachan says.

Prices will start at an affordable \$210,900, to nearly \$750,000, and all units will boast nine-foot ceiling heights and large windows.

Elegant kitchens offer designer-selected contemporary cabinets with slow close hardware, granite countertops and ceramic backsplashes, stainless steel Energy Star® appliances, and stylish kitchen islands with cookware storage

drawers (per plan). Equally elegant are the bathrooms that offer designer-selected cabinetry and granite countertops, ceramic flooring, five-foot tubs, walk-in showers, and brushed nickel accents.

Beyond its beautifully designed suites available from studios to three-bedroom layouts, UpperWest features a hotel-inspired entry and sophisticated lobby, with a fireplace and three high-speed elevators.

The podium boasts the amenity spaces, including a state-of-the-art fitness centre, private dining area with demonstration kitchen, and a magnificent 5,400-square-foot outdoor terrace with reflecting pool, fireplace, gas barbecues, lush landscaping and elegant furniture.

True to Minto's long-standing commitment to green, sustainable development, UpperWest will be a LEED Certified development.

Those interested in Ottawa's newest landmark are welcomed to visit the newly designed presentation centre at 400 Richmond Rd.

There, visitors will find a new two-bedroom model suite called The High-croft. Designed by Toronto's esQape Design Inc., the 1,060-square-foot suite mixes neutral beige and grey furniture with rich brown accents, elegant lighting fixtures and luxurious finishes for a traditional yet contemporary design.

For more information, call 613-788-2786, or go to [liveupperwest.com](http://liveupperwest.com).





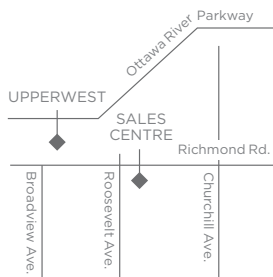
# A landmark move.

Welcome home to a true landmark – UpperWest. A stunning 25-storey condominium residence designed by Wallman Architects. Lifetime views overlooking the Ottawa River Parkway. Steps from Westboro's upscale dining and shopping. One of a kind. Once in a lifetime.

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# THE REALIZATION OF A VISION

## RHOMBUS TOWER WILL OFFER UNIQUE LIVING EXPERIENCE

If you think that rhombus is just an ordinary four-sided parallelogram, it's time to think again. Rhombus Tower from Tega Homes promises to be far from ordinary — and Ottawa residents will soon discover why.

Situated just west of the city core and along the Ottawa River, the boutique-style highrise will give residents more than stunning views. It will offer a unique living experience through state-of-the-art technology, luxury amenities and exceptional services. The 32-storey tower will house 260 units ranging in size from approximately 300 square feet to “combined units” well more than 1,600 square feet.

For Spyro Dimitrakopoulos, president and founder of Tega Homes, Rhombus represents more than the completion of another building project.

“It’s the realization of a vision — a goal that I’ve been working towards for many years now. The idea is to make the experience of living at the height of luxury available to everyone. My hope is that anyone who chooses Rhombus will feel privileged to call it home.”

Dimitrakopoulos and his team researched the best boutique hotels around the world and brought the best of the best back to Ottawa all in one place — Rhombus Tower.

“The research has been a joy because it has given us the opportunity to explore and express new ideas that will give people the quality of life we think they deserve,” Dimitrakopoulos says.

The Rhombus lobby, for example, has been designed to evoke a sense of awe and grandeur while, at the same time, making anyone who walks through the doors feel right at home thanks to the attentive concierge and staff. Here, residents and their guests will have access to a range of exclusive services — from dry cleaning pickup to booking massages, private trainers or yoga lessons (just to name a few).

The standard 10-foot ceilings in every unit are another unparalleled feature that Dimitrakopoulos has insisted on to separate him from other condominium developers in the city.



CONTRIBUTED PHOTOS

Dimitrakopoulos believes that it’s Tega Homes’ responsibility to design residences that are a sanctuary for its clients — a home that invites you to leave the stress of daily living at your front door and gives you the opportunity to make the most of time spent with your family and friends.

Individual units will come equipped with iPads and the intelligence to control many aspects of the environment with a few clicks at home or from a remote location. Residents will also be able to use smartphones to manipulate the heating,

cooling, lighting, blinds, music, security and many other features.

Unlike other properties that have amenities on ground or basement levels, Rhombus offer amenities on the penthouse or Sky Club levels where guests can enjoy 360-degree views of the city. Residents and their guest can go for a swim in the stars, play a game of golf all year round in the virtual simulator or host an impressive party on the 27th floor.

Elias Papadolias, sales and marketing director, Tega Homes, explains why he believes Rhombus will be a welcome

## TAP INTO BUILT-IN INTELLIGENCE

All Rhombus units will leverage advanced home control system technology. This built-in intelligence will enable residents the possibility to manipulate heating, cooling, lighting, blinds, music, security and other many other features — all from one, easy-to-use interface on a wide variety of devices, including smartphones and handheld remotes to tabletop or in-wall touchpads.

and exciting new addition to the Ottawa landscape.

“Rhombus will add a new level of sophistication to the city. In far too many cases, practicality is compromised for aesthetic or aesthetic is compromised for cost, but, the design of Rhombus and the units themselves are the perfect combination of beauty, elegance and efficiency.”

Although construction of Rhombus Tower isn’t scheduled to begin until this fall, watch for the sales office to open within the next few weeks. The office will include a model unit containing all of the features residents will have available to them.

People can also pre-register now at [rhombustower.com](http://rhombustower.com) to be invited to a special pre-offering before sales open up to the general public.



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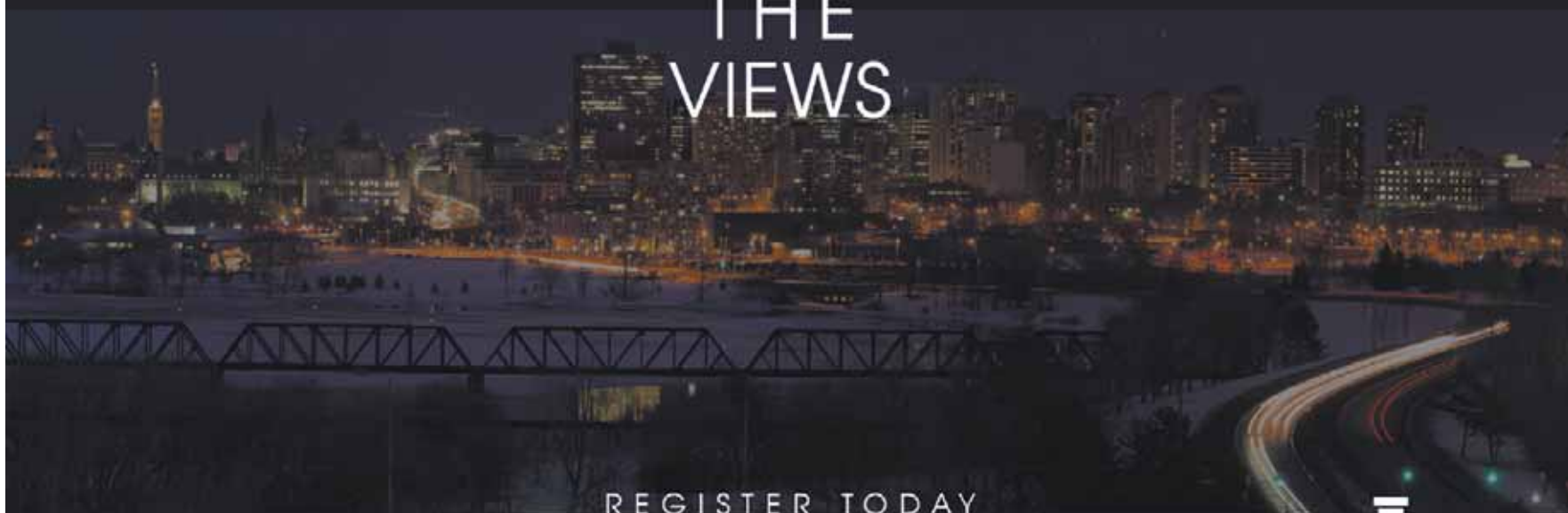


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ISTOCKPHOTO/THINKSTOCK

# SETTLE IN AT OTTAWA'S URBAN HIDEAWAY

Tucked away on McLeod just off Bank Street is Hideaway, Ottawa's first resort-inspired complex. The design-focused development offers spacious common areas — private cabanas surround a Caribbean-style outdoor pool, while a large stone fireplace separates the pool from an exterior lounge and dining area.

Hideaway also has a private screening room, fitness centre and party room. Each loft-style unit features generous amounts of natural light, an open-concept

flat-panel kitchen with EnergyStar® appliances, "silent-close" drawers, stone countertops and ceramic backsplashes.

Set for 2015 occupancy, Hideaway is the third and final phase of Central, a 525-unit development designed to earn LEED Silver certification. To reduce storm-water run-off, the project collects rainwater to irrigate roof gardens and supply an on-site car wash. All units come with dual-flush toilets, and water-wise faucets and showerheads.

The project is the work of Urban Capital and Tamarack Developments, the partnership behind the Mondrian (Bank and Laurier) and the three-phase East Market (ByWard Market). Urban Capital is quickly becoming one of Canada's top development firms, with more than 2,500 urban condominiums delivered in cities across the country. Hideaway promises to extend the company's reputation for forward-thinking development and progressive urban communities.

## LUXURY LIVING WITHOUT THE CONDO FEES

Carefree luxury living in a rental? Yes, it is possible.

Just ask residents at Les Terrasses Gabrielle — a premium apartment rental development from Globe General Agencies that offers elegant, luxury living without the condo fees or special assessments that come with ownership. Overlooking the Rideau River, Strathcona Park and the Rideau Tennis Club, Les Terrasses Gabrielle offers its clientele beautiful views, fabulous amenities, and

luxury suites that rival the quality of the finest condominiums.

With a design and location inspired by elegant park districts of the world's leading cities, Les Terrasses Gabrielle strikes the perfect balance between park-side and downtown living.

"Whether residents want to go cycling, shop the stores of Beechwood Village or enjoy Ottawa's award-winning restaurants and vibrant nightlife, one thing is for sure, they never have to venture too far,"

says Sonia Bazinet, building manager.

Suites featuring high-glazed ceilings, granite countertops, hardwood floors, six appliances and more make Les Terrasses Gabrielle the ideal place for living and entertaining. The building offers amazing amenities, including an indoor pool, a spacious exercise room, and a rooftop terrace with panoramic views. With so much to offer, it's no wonder that Les Terrasses Gabrielle's slogan is, "Come for a visit. You'll want to stay."



CONTRIBUTED



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## CENTRAL



# Rosario Dawson can talk you into anything

**Trance.** The star talks about the dangers of learning how to talk like a hypnotist and the challenge of baring all on screen

**NED EHRBAR**  
Metro World News in Hollywood

Rosario Dawson put in plenty of practice to master the vocal style of her Trance character, a professional hypnotist — and the clearest sign all of that practice paid off came when she nearly got herself and a pal into a car accident. But we're getting ahead of ourselves.

To master the wording and rhythm of the many trances that her character uses to hypnotize clients over the course of the film, Dawson recorded herself saying each one and would listen back to them — which was all fine and good until she took her practice on the road.

"I had made this recording and I was going out with my friend Tara to go to Sunday dinner — which is a thing in England in the afternoon — but I had, like, 10 pages that Monday and I wanted to make sure I had it all down," she recalls.

"So I was like, 'Do you mind if we listen to it on the way over there?' She's driving and kind of (zoning out). She was like, 'Rosario? I think I understand why they say to not operate machinery while listening to motivational speeches. I'm feeling very lulled right now, this might not be good.'"

But Dawson had other concerns when it came to Trance — namely the film's extremely revealing and much-talked-about nudity.

"I liked the way that this was structured and how par-

ticular and specific the necessity for it in that scene is. The secrets and the depths that are gone to that are revealed there that have nothing to do with it being the obvious titillating visual. It felt very dangerous and risky, and I could connect to it as an actress. It didn't feel gratuitous, it didn't feel too much. It felt like the right kind of challenge."

But a challenge that still

gave her pause, she admits.

"This was a remarkable script, but it was also a lot different and way more challenging, and it was kind of going, 'Do I even go in on this?' If I'm not willing to go to the levels and places that this is going to demand me to go — because it was all in the script — then I need to not even audition," she says.

"Because I know I'm going

to walk in and be so excited to work with (Danny Boyle) and I don't want to waste anyone's time. So it was a real moment of reflection. I dig this character, and it's something that you don't see very often, this kind of a woman at the centre of a film and the strength that she shows through her mind and her cleverness. I was willing to ... explore her bravery and her courage, and it tested mine."



Rosario Dawson plays Elizabeth in the movie Trance. HANDOUT

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## Beauty secrets with Rosario

Rosario Dawson is renowned for her beauty and longevity, but she's not about to take credit for it.

- "Have you seen my hair and makeup team back there? It's like going into the (Nascar) pit," she says with a laugh. And, of course, she has genetics on her side. "I feel very lucky. My grandmother was almost 76 when she passed, and she did almost everything

wrong — she was a smoker, she was a drinker, she used to wear oil in the sun — and she had the most remarkable skin and was just awesome and vivacious and strong and incredible. So I'm just going to give it to the good genes and hopefully I can follow in her footsteps, and if not it feels like there's not much I can do. Live in the moment. Drink a lot of water and try to get sleep."

# How a cabin shaped The Joy Formidable's Wolf's Law



Singer/guitarist Ritzy Bryan. GETTY IMAGES

Normally a canceled gig is a big setback for a touring band. For The Joy Formidable, however, one particular ditched show turned into creative gold.

Dial back to Thanksgiving 2011 and the British rock band's U.S. tour for The Big Roar, its debut, was headed to Portland, Maine. But when the venue abruptly closed, it led to the cancellation of what was the last show before a week off. What to do? Head home early for a rest,

or travel further into deep Maine, to Casco? They chose the latter.

"We'd been writing on the road," says singer/guitarist Ritzy Bryan. "It's difficult to track on buses and in hotel rooms. There's only a certain amount of charm that having background noise brings to a record. ... We were excited by what we were writing and we needed time to reflect on it."

So the trio chose a different type of lodging.

"We rented a cabin in the woods for a week," says Bryan. "The cabin had such a great energy we decided to go back there in January to finish the record, to make sense of it all."

Their stay didn't turn into a horror movie. Instead, with no distractions — no Wi-Fi, no phone — Bryan and her bandmates, bassist Rhyddian Dafydd and drummer Matt Thomas, found the perfect spot to craft their sophomore album, Wolf's Law.

Isolation morphs into contemplation, giving the record contrast as emphatic orchestration and Bryan's airy crystal voice tops driving, spiraling rock. Unusually, the title song is a hidden track, but in many ways, it's the album's most important. It was written in London, one of the first new songs after the band's debut: It's the link between the nascent band and what is now a seasoned trio.

LINDA LABAN/METRO

# Meet Morgan Freeman, the superfan

**New movie.** The iconic actor only needed to hear that Tom Cruise was starring in *Oblivion* to make him want to take part

**TODD GILCHRIST**  
Metro World News

In *Oblivion*, Morgan Freeman plays Beech, the leader of a group of guerrilla soldiers fighting against Tom Cruise and his scientist-soldier companions for the fate of a post-apocalyptic Earth. But keeping in line with his previous roles as the leader of the free world and even God himself, Freeman's own hopes for what our future would look like are pretty peaceful and pastoral.

"We would all live in trees," the actor explains. "We would walk wherever we went. The planet would be rejuvenated. We wouldn't be killing off all the animals just to feed us."



Tom Cruise, left, and Morgan Freeman face off in *Oblivion*. UNIVERSAL PICTURES/THE ASSOCIATED PRESS

*Oblivion* marks the first time that Freeman has worked with Cruise, and in spite of being the sort of actor others clamour to share the screen with, he admits that he was swayed by the possibility of their collaboration.

"If I was going to be a truck driver hauling supplies (for this film), I would have taken the job," Freeman says. "I'm one of his huge fans — I have been one for I don't know how many years."

He admits that the role

of Beech was initially less substantial in the script, but the prospect of working on something with such an enormous scale — and with an enormous star — proved too irresistible to pass up.

"If you compare the script

## The Cruise effect

**"The movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong"**

**Morgan Freeman**  
Talking about working with Tom Cruise.

to the movie, they don't compare," he admits. "But I was excited by the script (and) the movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong."

At 75, Freeman has tackled virtually any challenge an actor might face. But he insists that the ever-changing nature of his work is what helps him maintain enthusiasm for his profession, his art.

"I enjoy it every single day," Freeman insists. "I was born to do this. It's not like I have to get up every morning Monday through Friday and go to a job. A movie begins

and it ends in a relatively short period of time, so in a given period of time — let's say a year — you can have three, four or five different experiences, which is kind of exciting."

That variety of experiences had made him not just a star, but an icon — and a beloved public figure. But Freeman says he's come to terms with the responsibilities of celebrity-hood, even if his priority remains the work itself.

"One of my movie heroes, Humphrey Bogart, was asked a question about pictures, autographs and the public," Freeman remembers. "Bogart said, 'I don't owe the public anything but a good performance,' and I tried to take that to heart, but not quite so. You can't quite get away from it."

"I don't do autographs," he explains. "They are a waste of time. But touching someone's hand, hugging a beautiful lady? All of that works out very well. So I think I owe the public a little bit more than just a good performance. I owe them just a little bit of my time — if I'm cornered."



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Miley Cyrus and Liam Hemsworth. PHOTOS: GETTY IMAGES

## Billy Ray Cyrus hints Miley's engagement may end in achy, breaky hearts

If how Billy Ray Cyrus went about writing his new memoir, *Hillbilly Heart*, is any indication, he's not that optimistic that daughter Miley Cyrus and her fiancé, Liam Hemsworth, will make it to the altar.

"I know as I was writing the book I wanted to keep that particular moment as open-ended as possible. I didn't know the answer,"

Billy Ray tells ABC News.

"They're young, they're kids. The great news is, they're great friends. They're really, really good friends."

As for their chances of seeing their wedding reception? "I don't know, I really don't," he says.

"I play it by ear and I know whatever is meant to be, that's the way it's going to happen."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Rihanna's Diamonds tour losing its shine



THE WORD  
Dorothy Robinson  
scene@metronews.ca

What is going on with Rihanna?

Rihanna's *Diamonds* World Tour, which kicked off March 8th, isn't going off exactly as planned.

The singer has already cancelled three concerts — Baltimore and Boston last month and Houston on Monday. Her promoter Live Nation confirmed only that the cancellations were "as a result of illness" but did not say what was wrong with the star. When she cancelled the Boston show, she tweeted

fans that morning, saying: "(Boston) this is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. ... I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

Her camp is claiming "laryngitis" but the tabloid press is claiming "pregnant." TMZ.com spotted the singer, covered up in a baseball cap and sucking on a lollipop, leaving a medical building on Tuesday. If you checked out the singer's Instagram, you will see she is a connoisseur of the green stuff. So maybe if she laid off the pot? Perhaps that would help this whole "laryngitis" issue. I know it would definitely help this possible "pregnancy" situation.



Macaulay Culkin

## Paparazzi leave Culkin a sulkin'

Macaulay Culkin isn't having that great of a stay in London, if his run-ins with the paparazzi are any indication.

The former child star first seemed perturbed by the photographers' presence while checking into his hotel, the Budget Ibis. Tensions boiled over while Culkin was

leaving nightclub the Haunt after joining pal Adam Green on stage, according to E! News.

Culkin reportedly launched himself at a paparazzo and began attacking him, telling him to go to hell.

It's unclear what set the actor off.

## Twitter



@ABFoundation  
I am pretty bad at yoga.



@mindykaling  
Back when I resided in the United States I lived in a little Spanish casita w/a fountain. Wonder if the new inhabitants enjoy the gurgle



@justinbieber  
Up watching funny YouTube vids. What r some good ones?

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EVENT

SHOPPERS  
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Jeans are the easiest thing to wear during spring's rainy season of transitional weather. We take styling tips from seven stylish everyday women spotted around the world.

KENYA HUNT  
Metro World News

## The idea: Polish the tomboy up

**Styling tip:** Chiara Totire (pictured right in Milan) expertly nails the contrast mixing that's so popular right now. This is because she doesn't overdo it. Mix one feminine detail, such as the simple bit of lace on her Jil Sander beanie, into an otherwise masculine look.

ASOS  
EMBELLISHED BEANIE  
\$25, ASOS.COM



## The idea: Bring those old school high tops back

**Styling tip:** Lately, when we see a pair of sneakers in a fashion story, it's the neon Nike Free or primary coloured New Balance. But the classic high top (and we're not talking about those trendy Isabel Marant wedge ones) has been overlooked. Londoner Bryona Hayne's sporty look makes a good case for fixing that.

NIKE SNEAKERS  
\$112, NIKE.COM



## The idea: Day-to- night means dressing down

**Styling tip:** Speaking of contrast, check out how Rajni Jacques's polished tailoring neatens up the New Yorker's otherwise badass grunge look, showing a new side of day-to-night dressing. Because sometimes, the after-work socializing happens in a dive bar and not a swanky gallery opening.

BOUTIQUE BOYFRIEND BLAZER  
\$300, TOPSHOP.COM



# 7 new ways to wear denim

## The idea: Take your double denim to another level

**Styling tip:** Like head-to-toe black or white, double denim is the perfect blank canvas to dress around. The possibilities are endless, but we especially like the idea of using double denim to show off bold outerwear and accessories the way Candela Novembre (top) of Milan does. And can you spot the tomboy and girly elements here?

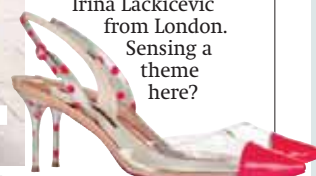
WHISTLES  
LEOPARD PRINT PARKA  
\$206, WHISTLES.CO.UK



## The idea: Give the girly girl an edge

**Styling tip:** Pink, the most saccharine of colours, suddenly gets major bite when paired with boyfriend jeans and a fisherman's sweater. And let us draw your eye to the navy blue nails on Irina Lackicevic from London. Sensing a theme here?

SOPHIA WEBSTER  
SLINGBACKS  
\$395,  
NETAPORTER.COM



SOPHIE HULME  
TRENCH WITH LEATHER SLEEVES  
\$805, STYLEBOP.COM

## The idea: Take the wide legs out of the '70s

**Styling tip:** Steer clear of going too literal and disco-y by balancing the retroness of the jeans with a contemporary silhouette on top. Pay close attention to the length of Brit Kimberly Carroll's jeans. You don't want them dragging on the ground.



## The idea: Put the ripped bits up top

**Styling tip:** We expect to see rips and tears on the legs (preferably just above or below the knee.) Give an element of surprise by wearing the distressed bits up top, pairing a ripped knit with a pristine pair of dark blue jeans the way Anouki Areshidze in Milan does here.



LNA  
SLASHED SWEATER  
\$145, LNACLOTHING.COM





The Kit

## Canadian street style

Spotted in: Ottawa

Erika

Student

Age: 22

**What she's wearing**

Gifted scarf, Costa Blanca coat, Trust Fund jeans, Coach bag, Old Navy booties.

**Her inspiration**

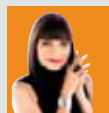
"Ottawa inspires my style! I study entrepreneurship and I am inspired by small businesses. And I also love thrifting!"

THE KIT PHOTOBLOGGER:  
KATARINA KURUC, LOVEK.ORG

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With the talented @Derrick4Draf Derrick Rutledge, Oprah's make-up artist. Just did an inspiring intvw for @theloopca



Meeting the coolest people @AdditionElle today! Here's @haileysgunnin #pinkforthewin She's on @MTVCreeps

Trends Report



Form-flattering peplum can look great on any figure, and it's been showing up everywhere from catwalks to red carpets this season. Head online to Trends Report for tips on how to style this fashion trend: [metronews.ca/voices/trends-report](http://metronews.ca/voices/trends-report)

@MetrolreneK

# Glam star picks permeate prom

**Red carpet ready.** Teens seeking their own time in the spotlight look to celebs for inspiration

You might as well roll out the red carpet in front of the school gymnasium or hotel ballroom and line it with parental paparazzi. Prom season provides many girls a chance to have their moment to pose.

It's likely that this year's parade of fashions will include a few starlet look-alikes. And why not?

Today's young celebrities span many styles. There's Jennifer Lawrence, who has come to awards shows dressed both sporty and sleek, and like a princess; Taylor Swift, who moves seamlessly from vintage to ethereal; and sometimes funky, sometimes artsy Chloe Moretz.

There are also Rihanna and Selena Gomez, notes Gina Kelly, fashion director at Seventeen. "You've got Selena Gommez, who's a little sweeter, and Rihanna, who's edgier. Within that range, you've got a lot of options."



Jennifer Lawrence shows her fans how to get down in a gown.

JOHN SHEARER/  
INVISION/ THE ASSOCIATED PRESS

Coming just off the Hollywood awards season, all the options are fresh in girls' minds, she says, and they've gotten ideas on how to put a whole package together. Lawrence, for example, wore a bona fide ball gown — and there are girls who want that — but her delicate jewelry and loose updo added youthfulness, Kelly observes.

Georgina Chapman, designer of red-carpet favourite Marchesa, is now offering a significantly less expensive version of her party looks at JCPenney under the Pearl label.

For even her older teen stepdaughter, Chapman says she felt like Marchesa's dramatic signature might have been a little too much. "You want to look vibrant. You've got that young glow, work with that!"

She hopes Pearl adds a little "more tongue in cheek" than Marchesa, with the same level of attention to details, and you'll have the embellishment and ruffles.

Mandi Line, costume designer for TV's *Pretty Little Liars*, encourages girls to try on as many prom dresses as possible. Then, she says, "go with your gut or you won't be happy at the dance."

"What do you want to show off? Your legs, your arms? Then look at your favourite star. You might not be like them, you might not look like them. But it's a good start for ideas," Line says.

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# WEDDING PLANNER

Thursday, April 18, 2013



# Wedding reception ideas

Gone are the days when a chocolate fountain was enough to wow your wedding guests. From signature cocktails and croquet on the lawn to gourmet food trucks, couples are adding five-star entertainment to their wedding receptions. Here's a roundup of the hottest reception trends for 2013.

## Lawn Games

What's better than sipping a refreshing post-ceremony cocktail while annihilating your opponent at a genteel game of croquet? Whether it's bocce ball, horseshoes, croquet or a beanbag toss, setting up lawn games at a gar-

den or backyard wedding is a fun and surefire ice-breaker.

Tip: Some of these games can be made from scratch, using inexpensive materials and a little creativity!

## Signature Cocktails

While DIY corn-hole contraptions might not fly at a ritzy hotel celebration, signature cocktails work with any style of wedding.

As Cocktail Deeva, Dee Brun, says, the number-one rule when it comes to a signature drink is that it better taste delicious. Stick with a refreshing concoction that isn't too sweet, too sour or too strong. The drink should

also look appetizing. You might want to choose a signature drink that fits with your color palette, but not all colors make pretty cocktails. If, for example, brown is your accent color, opt for a clear cocktail or incorporate another color that appears in your centerpieces or cake as the base of the cocktail.

Remember to offer a mocktail version – for kids, pregnant women and guests who don't drink alcohol – and give your drink a custom name.

Tip: Brun suggests that you think outside of the bottle and set up a table with a collection of beautiful glass

pitchers filled with red or white sangria, or a fruity punch that guests can help themselves to. This serving style looks gorgeous and it saves you money because you don't have to hire a bartender.

## Sweet Table

By far one of the favorite wedding trends in recent years, the dessert table will still be a popular wedding staple in 2013. I mean, does it get any better than walking into a venue and spotting an entire table filled with gourmet sweets: homemade pies, cheerful cake pops, old-fashioned lollipops, butter tarts, sugar cookies in the shape of

the couple's initials... the list goes on and on.

Sweet tables are "a personalized version of a dessert table with everything you could possibly imagine on it," says Izabela Chmielewska of Toronto-based Sweet Table. Unlike the generic frozen desserts on a banquet hall dessert table, all of the treats on a sweet table are handmade especially for you. What's not to love?

Tip: Chmielewska suggests that you talk to your sweet table designer about the overall look that you want to achieve. Will your table be built around a color, or a theme that reflects a hobby

that you and your fiancé love? For example, an Oscar theme for the movie-buff bride and groom?

## An After-Party Bus

Hire a party bus or van limo and take the party on the road. There's nothing worse than having to shut down a rockin' dance party at 1am because it's closing time for the venue. Pack your guests into a limo party bus and keep the good times rollin' at your favorite club.

Tip: This is an opportune time for an outfit change for the bride and groom.

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# Six truths about your wedding day

You can look at countless wedding photos online, but it's hard to know what to expect for your own wedding until the glorious day arrives and you're actually experiencing it.

Here are six helpful truths about your wedding day that you won't learn from the pretty pics on Pinterest.

## 1. You Won't Get Much Sleep The Night Before

Nerves and off-the-charts giddiness will leave you tossing and turning the night before your wedding and you'll likely wake up before sunrise. You'll need some sleep, so skip the post-rehearsal dinner drinks with your friends and head to bed. You'll get to party the night away with them the next day.

## 2. You'll Need A Nice Hanger For Your Gown

Your photographer will want shots of your gown before you step into it and there's no way a cheap wire hanger from the dry cleaners will do.

## 3. Your Dress Will Get Dirty

This truth is hard to swallow, but the bottom of your pristine gown will get dirty and possibly even damaged after a day of walking outside, posing for photos and dancing. Try to keep it as clean as possible before the photos and ceremony. Once you're at the reception, you'll be so happy that you won't care about a bit of dirt on your skirt!

## 4. You Will Cry (At Least Once)

But they'll be happy tears! With so many special moments between you and your sweetie and the overall significance of the day, you'll likely cry at least once. Throw in touching speeches from friends, family and your new spouse and you're left with lots of opportunities to shed a sweet tear or two. This is why waterproof mascara is your friend.

## 5. You Won't Believe How Quickly It Goes By

After months of wedding planning, it's easy to fall into a forward-thinking frame of mind, always focusing on

the future and imagining the details of your big day. Well, this is it! Your big day is here! So be present, enjoy all of the love-filled moments, gush over the beautiful cake and decor details, smile lots and soak up that magical feeling. You can't slow down time, but the day won't flew by quite so quickly if you stay in the moment.

## 6. You Will Be Overwhelmed With Love and Happiness

It's an indescribably heart-warming feeling to realize that so many people have come to celebrate you and your spouse and your expression of love and commitment to each other. At the reception, take a minute with your groom to step back and take a look at the room, at all of the wonderful friends and family who have come to share such a special day with you.

It will make you feel warm and fuzzy and it's extra-special if you can experience this moment with your new hubby.

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# Wedding invitation trends

**Traditional invites.** Letterpress stationery is making a comeback

Don't underestimate the importance of your wedding invitations. More than simply providing the Who? Where? and When? of your event, invitations give guests an idea of what to expect at your wedding. Whether you choose an art deco font and cityscape graphics, or a whimsical letterpress suite with bunting banners, your invitations contribute to your wedding's overall theme.

Ensure your celebration makes a stylish first impression with these helpful tips from Toronto stationer Megan Wappel.

**What are some of the hottest stationery trends for 2013?**

Megan Wappel: The

"homemade," yet polished, rustic look is still very big – think birds, burlap, kraft paper, garden chic. Incorporating paint as well as graphic design – watercolor papers and floral gouache designs, for example – is also a big trend because it gives that handmade feel. Geometric stationery with big bold sans serif fonts and blocks of color is also on the rise. Letterpress stationery is making a massive comeback, as is laser-cut detailing. You can dye the edges of letterpress paper in different colors and letterpress allows designs to be pressed with metallic foiling, which adds such an amazing touch. Couples have really taken notice of how important the fonts are when trying to establish a theme. The script font has really made it's way out this year, as new "hip" elegant fonts have come into the limelight.

**What trends that were popular in 2012 will be "out" in 2013?**

MW: Ombre! So many aspects of weddings, from invites and cakes to the bride's hair, are ombre. This trend is still huge, but I have a feeling that it may "fade" later in 2013. I only say that because it's so popular and, therefore, not as unique. I think the aspect of using different shades and tones of a certain color will always be popular for weddings, but I'm not sure that ombre will last forever. But for now, let's just say it is a look that many of us still adore.

**With so many digital invitation options, why are couples still loving traditional paper wedding invitations?**

MW: People tend to forget about digital invitations or they don't even open the emails. People are used to getting flyers and bills in the mail, so it's always nice to open your mailbox and see a creative wedding invitation addressed to you. An invite in the mail tells people that

they will indeed be special guests at this event. Sending a digital invite sets a less-than-enthusiastic tone for what is to come at the wedding because it's read on a screen and then closed and never really seen again.

**What is your #1 tip for couples who love letterpress invitations but have to stick to a tight budget?**

MW: Sit down with a stationer and see what other options you have to make your stationery stand out. There are embossing stamps you can get at many craft stores that add that little extra detailing to a digital print. If done well, they look like a deboss press. Matching envelope liners, twine, address labels – all these little digital print details that go with the main invites – will make your invitation pop, even if it's not letterpress.

Or, you can go with one main invite card that has as much information as possible (without it looking crammed)

and then create a free wedding website that supports digital RSVPs. That way, you don't need any insert cards or RSVP return envelopes,

which allows you to use all of your invitation budget on letterpress.

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# How to stay Zen for your wedding

**Calm, cool, collected.**

Organization and relaxation are key

No matter how organized your planning was, the weeks before your wedding will be insanely busy. Some things just can't be done until then: You can't make a seating plan until everyone's RSVPed and you can't confirm your order with the florist or make place cards until you've made the seating plan.

But that doesn't mean you have to be stark-raving stressed.

Here's how to Namaste your way through crunch-time chaos.

**Absolutely No Slacking:** The key to managing your stress is to stay on top of your tasks. Make a list of two or three chores to do every day and make sure you do them.

Once you let something slide – even if it's just a phone call to the baker – things will pile up and you'll

have a towering list of To Dos in the days before your wedding. Keep the daily lists manageable; you'll overwhelm yourself if you plan to do 15 tasks in one day and likely won't get anything done.

**Delegate:** Rather than trying to be Superbride, ask your friends and family for help.

Forgot to get a ring pillow? Ask your maid of honor to get it.

If you've chosen bridesmaids gifts, but don't have time for a mall-run, ask your mom to pick them up. This will free up time for you to do things that others can't do – like write your reception speech.

**Keep Movin':** It's ironic that exercise, one of the most effective stress-relievers, is the first thing to fall by the wayside when we're stressed.

Stick with your weekly yoga class and boot camp sessions to reduce angst and stay focused.

Don't have time, you say? You probably spend an hour (or more) trolling Pinterest as a distraction from plan-

ning, so you might as well spend that time releasing energizing endorphins and burning calories.

**Get Your Beauty Sleep:** You're preparing for the biggest party of your life and you don't want to look haggard on your big day.

Set a curfew and make sure you're in bed at a decent time. For example, no wedding chores past 11 p.m.

**Have A Girls Night In:** Plan a girls night a couple weeks before your big day and make a rule: Absolutely no wedding talk.

Rent movies, order take-out and enjoy spending time with your friends without being "the bride-to-be."

**Get A Massage:** You've been working hard for the past few months (and weeks) and you're likely carrying the bulk of your stress in your shoulders and neck.

Treat yourself to a relaxing massage before your wedding. You'll feel lighter and less stressed and your aching scalenes will thank you.

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## Dinner. Herb-Brined Walnut-Crusted Chicken



1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zipped plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and bread crumbs. In another bowl, combine mayonnaise, coriander and orange zest.

### Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko bread crumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

# Nashville Fried Hot Chicken is the city's signature dish

### Ingredients

- 2 quarts cold water
- 1/2 cup hot sauce
- Salt
- 1/2 cup plus 1/2 tsp sugar
- 3 1/2- to 4 lbs whole chicken, quartered
- 3 quarts vegetable oil
- 1 tbsp cayenne pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 2 cups all-purpose flour
- Ground black pepper
- Hearty white sandwich bread (optional)
- Pickle chips (optional)

1. In bowl, whisk cold water, hot sauce, 1/2 cup salt and 1/2 cup sugar until salt and sugar dissolve. Add chicken and refrigerate, covered, for up to 1 hour.

2. Heat 3 tbsp oil in small saucepan over medium heat. Add cayenne, 1/2 tsp salt, paprika, remaining 1/2 tsp sugar and the garlic powder. Cook until fragrant, about 30 seconds. Transfer to small bowl and set aside.

3. Remove the chicken from refrigerator and pour off brine.

4. In a large bowl, combine the flour, 1/2 tsp salt and 1/2 tsp pepper. Two at a time, dredge the chicken pieces through the flour mixture. Shake excess flour from the



This recipe serves six. MATTHEW MEAD / THE ASSOCIATED PRESS

chicken, then transfer it to wire rack. Do not discard the seasoned flour.

5. Adjust an oven rack to the middle position and heat the oven to 200 F. Set a clean wire rack over a rimmed baking sheet.

6. Heat the remaining oil to 350 degrees in Dutch oven.

7. Return the chicken pieces

to the flour mixture and turn to coat, then shake off the excess. Add half of the chicken to the oil and fry, adjusting the burner as necessary to maintain oil temperature between 300 F and 325 F, until the skin is a deep golden brown and the white meat registers 160 F and the dark meat registers 175 F, about 25 to 30 minutes.

8. Drain fried chicken on the

prepared wire rack and place in oven to keep warm. Return the oil to 350 F and repeat with the remaining chicken.

9. When all of the chicken is cooked, stir the spicy oil mixture to recombine, then brush it over both sides of the chicken. Serve on bread and top with pickles, if using.

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# Start the party with Thai Pork Skewers

## Ingredients

• 1 pork tenderloin, trimmed (about 1 lb/450 g)

## Marinade

• 2 tbsp packed brown sugar  
• 2 tbsp chopped fresh cilantro or parsley  
• 2 tbsp lime juice  
• 2 cloves garlic, minced  
• 1 tbsp grated fresh ginger

• 1 tbsp soy sauce  
• 1 tsp Thai red curry paste

## Peanut sauce

• 1/3 cup natural peanut butter  
• 1/3 cup coconut milk  
• 2 tbsp lime juice  
• 1 tbsp soy sauce  
• 1 tsp packed brown sugar  
• 1/2 tsp hot pepper sauce

"This curry-scented marinade uses only a bit of Thai red curry paste, but an opened jar will keep in the fridge for up to one year," write the editors of Canadian Living in The Appetizer Collection. "Try the luscious peanut sauce on grilled chicken as well."

**1.** Peanut sauce: In food processor, blend together peanut butter, coconut milk, lime

juice, soy sauce, brown sugar and hot pepper sauce until smooth. Pour into bowl; cover and set aside. Cut pork into 26 8-by-1-by-5mm strips.

**2.** Marinade: In large bowl, whisk together brown sugar, cilantro, lime juice, garlic, ginger, soy sauce and curry paste; add pork, tossing to coat. Cover and refrigerate for 4 hours. (Make-ahead: Re-

frigerate peanut sauce and pork separately for up to 24 hours. Bring sauce to room temperature, thinning with water, if desired.)

**3.** Thread pork onto small metal or soaked wooden skewers; place on broiler

pan or foil-lined rimmed baking sheet. Broil, 15 cm from heat and turning once, until lightly browned and no longer pink inside, about 6 minutes. Serve with peanut sauce for dipping.

**RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION**

## Cookbook of the Week

## Hosting dinner is easy with these tasty appetizers

Take the stress out of hosting a party with The Appetizer Collection from the experts in The Canadian Living Test Kitchen.

Chapters include dips and spreads, hot appetizers, savoury pastries, tiny sandwiches, cold appetizers, snack mixes and drinks. To make entertaining easy, helpful tips on party planning are also tucked into each chapter. Meanwhile, handy guides help you figure out how much food to make, how many drinks to provide and efficient ways to prep. **METRO**



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This recipe makes 26 pieces. RYAN SZULC/CONTRIBUTED

# This savoury strudel is sure to impress

## Feta Spinach Strudel Bites



This recipe makes 36 pieces. TVONNE DUIVENVOORDEN/CONTRIBUTED

**1.** Filling: In skillet, heat oil over medium heat; fry onion and garlic, stirring often, until softened, about 5 minutes. Scrape into bowl; let cool. Squeeze moisture from spinach; chop finely and add to bowl along with Romano and feta cheeses, egg, roasted red pepper, dill, pepper and nutmeg. Stir to combine.

**2.** Place 1 sheet of the phyllo on work surface, covering remainder with damp towel to prevent drying out. Brush

lightly with some of the butter. Top with 2 more phyllo sheets, brushing each with some of the remaining butter.

**3.** Leaving a 2.5 cm border on each end, spoon about 1 cup of the spinach mixture along 1 long side; fold ends over filling. Roll up to form log.

**4.** Place, seam side down, on baking sheet. With sharp knife, score top through phyllo to make 12 servings. Repeat with remaining phyl-

lo and filling and some of the remaining butter. (Make-ahead: Cover with plastic wrap; refrigerate for up to 24 hours. Or freeze in airtight container for up to 2 weeks. Bake from frozen, increasing baking time by 5 minutes.)

**5.** Brush with remaining butter. Bake in 400 F (200 C) oven until golden, about 25 minutes. With serrated knife, slice along score marks.

**RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION**

## Ingredients

• 9 sheets phyllo pastry  
• 1/2 cup butter, melted  
**Filling**  
• 1 tbsp vegetable oil  
• 1 onion, finely chopped  
• 2 cloves garlic, minced  
• 1 pkg (10 oz/300 g) frozen spinach, thawed  
• 1 cup grated Romano cheese  
• 1 cup crumbled feta cheese  
• 1 egg, lightly beaten  
• 1/4 cup diced, drained, jarred roasted red pepper  
• 3 tbsp chopped fresh dill (or 2 tsp dried dillweed)  
• 1/2 tsp pepper  
• Pinch nutmeg

# Invite the sea into your home

It's not often that I subscribe to a heavily-themed decorating style. And although industrial-chic and hotel-style have fared pretty well as a specific decor theme, it's time to soften up the looks and introduce a summer style, dedicated to water and sand. Sea-side living-inspired-decor themes are popping up everywhere, and from tradition to modern, this nautical theme might just be what jump starts us into summer.



**DESIGN  
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home@metronews.ca

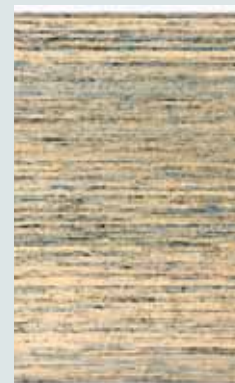


## Rope Knot Table Lamp Base, \$190

Nautical manila rope is tightly twisted and knotted to create a textured lamp base for a seaside look. potterybarn.com.

## Towels \$11, Monograms \$7

Handwoven in pure cotton, the Herringbone hand towels make a personalized statement when monogrammed. westelm.com.



## Bollywood Custom Rug

Hand woven in India from recycled saris, this all-silk rug's colours reminds us of the water and sand. urbanbarn.com.



## Yacht Club Cushion, \$20

Sail away to France with blue and white accent pillows. simons.ca.

## Lauren by Ralph Lauren picture frame, \$60

Soft sheen and sea colours from mother of pearl of the sea is trimmed with nickel plated iron. thebay.com.



## Sea Urchin Candle, \$16

The beauty of the sea urchin surfaces in this detailed candle crafted of natural wax rubbed with white highlights. crateandbarrel.com.



## Woven Wicker Drum Lamp Shade, \$63

The textured weave of natural wicker adds an instant summertime look to any lamp base. potterybarn.com.





# Out with the old, in with the newly restored

**DIY ideas.** Clean, sand, paint, stain — restore an old piece into a new gem for your home

If one man's junk is another man's treasure, both those men are probably at the flea market, where beautiful pieces of decor can be hiding beneath chipped wood and old paint.

Robert Kulp and Mike Whiteside of Salvage Dawgs offer some tips on turning junk into treasure through restoration.

## Research and inspect

Check for unusual markings and labels to determine the origin and worth of the piece.

If you suspect it may be an antique, take it to a professional before you work on it. If you start to restore an antique you will ultimately void the piece of any vintage worth.

## Safety first

A safety checklist before



Found an antique? Use a chemical stripper to take off the old finish. ISTOCK IMAGES

you start is a key component when doing DIY projects.

When restoring furniture, be sure to have goggles to protect your eyes from wood or metal scraps, wear

long sleeves, wear a mask when working with chemicals and be sure to work in a well ventilated area.

## Clean before you start

Once you've determined

your plan for the piece it must be thoroughly cleaned before you begin sanding, painting or staining.

You will need to buff it with a vegetable oil-based soap and warm water. Use

a small soft bristle tooth brush if the piece is highly detailed.

Dirt and grime build up over the years and it will need to be removed for a professional look.

## Repair

If parts are broken you will need to repair them or replace them altogether.

Search antique stores because you may get lucky and find a matching chair leg or drawer knob; but chances are you will have to get replacements custom made. Check for loose screws to simply tighten them, or take them out and replace them if they're rusted. Use wood glue for any small breaks and wood putty for small cracks.

## Refinish/repaint

You will need to use both chemical strippers and sanding to take off the old finish. If you are painting the piece, you will need to slightly sand down any ridges.

Before you stain or paint the item, give it another buff to get rid of dust in order to end up with a professional looking finish.

**SALVAGE DAWGS PREMIERES TUESDAY, MAY 7 AT 9 P.M. ET/PT ON DIY NETWORK CANADA DURING A MONTH-LONG FREE PREVIEW ON THE NETWORK**

# Could your dishwasher be doing a better job?

**Cleaning.** Some simple tips for running a more efficient appliance

Your dishwasher, sink drain and garbage disposal do the major dirty work in your kitchen, and you can keep them running efficiently with a few easy steps.

If there are spots or stuck-on grime on the dishes when they come out of the washer, or if the sink has an unpleasant odour even after you clean it and run the disposal, it means these hard-working appliances may need extra attention.

"Dishwashers and drains battle kitchen waste and activity daily, which can take a toll on the appearance and performance if not cleaned correctly," said Chris Salatino with Kenmore Major Appliances.

Electric dishwashers have a filtration system that requires regular cleaning, especially if you don't scrape or pre-rinse dishes.

"The maintenance on a dishwasher depends on how you treat it," says John DeSilvia, host of DIY Network's "Rescue My Renovation."

If you're not a pre-rinser, he recommends cleaning the filter once a month. Just look at the bottom of your dishwasher, find and remove your filter, then scrub away debris with a soft brush. Rinse and reinstall.

"Don't be scared, it's really easy," says DeSilvia.

If in doubt, check your owner's manual on how to find and remove the filter. Can't find the instructions? Log on to your manufacturer's website. Online tutorials at sites such as DIYNetwork.com and YouTube.com can also help you through the process.

The interior of your dishwasher may also appear filmy at times. To get rid of that buildup, Salatino advises waiting until the washer has finished a cycle and cooled. Then make a paste with powdered detergent or use liquid detergent on a damp sponge to wipe away

mineral deposits. Follow up by running a normal cycle.

If you're in a hard water area and wiping with detergent doesn't remove all the film, run a normal cycle with two cups of white vinegar in an upright glass on the lower rack. Salatino advises turning off the "heated dry" option during the cycle.

There also are commercial cleaners marketed especially for mineral buildup in dishwashers.

Consumer Reports recommends replacing worn or rusted dish racks, and using care when loading dishes and silverware so you don't damage spray arms.

Inspect the arms to make sure they aren't clogged with debris, which could affect water pressure. Use pipe cleaners to dislodge blockages.

For cleaning the outside of your dishwasher, Salatino says all you need is a soft, damp cloth or sponge and mild detergent. If you've got a stainless steel cover, you'll need a special cleaner.

THE ASSOCIATED PRESS



Lucinda Ottusch, with Whirlpool's Institute of Kitchen Science, says one mistake people make is buying cheap detergent. She says the all-in-one packets by name-brand companies really do help your dishwasher perform best. KENMORE



metro

# HOME RENOVATIONS

Thursday, April 18, 2013



## Financing your home renovation

One of the key questions you need to ask yourself, when first thinking about a home renovation is how you are going to pay for it. Will you use cash from savings or will you borrow the money, and how much are you willing and able to spend?

You can get an early sense of the cost of your proposed renovation by talking with a professional renovator. But before you begin any detailed planning, or even sooner, contact your lender to find out how much you can borrow, and what your options are.

The choice of financing usually depends on the cost

of the renovation, and how you want to repay the loan. For instance, do you wish to make large payments over a short time, or smaller regular payments over a long period?

### CREDIT CARD

Using your credit card is a convenient way to purchase materials or pay for small projects. If you pay your account in full each month by the due date, you will have the benefit of a short-term, interest-free loan.

### PERSONAL LINE OF CREDIT

A revolving credit line is a popular option and ideal for on-going or long-term pro-

jects. You have access to the funds any time, up to your approved limit, and you only pay interest on the funds you use. Monthly statements help you keep track of expenses, and as you pay off your balance, you can "re-use" the funds without reapplying.

### PERSONAL LOAN

With an instalment loan, you can budget regular payments at a fixed or variable interest rate for a set period of time. Repayment periods typically vary from one to five years. Once you pay off your loan, you no longer have access to the credit and will have to go through the ap-

proval process again if you need to borrow more funds.

### SECURED LINES OF CREDIT AND HOME EQUITY LOAN PLANS

By using the equity in your home as collateral for your line of credit or personal loan, you can enjoy lower interest rates. While there is typically no cost to open a secured line of credit or home equity loan plan, legal and appraisal fees usually apply.

A relatively new product, a home equity line of credit (HELOC) provides access to up to 80 per cent of the equity in your home and can be used for a wide range of purposes

and purchases, including both home-buying and renovation. A HELOC can be split into a number of different financial products, such as a mortgage and a line of credit.

### HOMEOWNER MORTGAGE

If you have an existing mortgage, it can be advantageous to increase the amount by the cost of the renovations, particularly if you're planning a major project and want to spread the cost over a long period. Mortgage rates are often substantially lower than other loan rates. You may be able to borrow up to 90% of the value of your home, less the outstanding

balance of any existing mortgage. Loans of 80% or more of the appraised value of your home must be insured against borrower default with mortgage loan insurance.

With major renovations, lending institutions generally require appraisers to conduct inspections at key milestones. The inspection reports are used by the lender to determine the amount of funds that can be released at each stage.

Renovate with confidence – know how much you can spend on your renovation, before you begin detailed planning. **CMHC**

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## ENERGY-SAVING TIPS SAVE MONEY

Rising energy costs and growing concerns about greenhouse gas (GHG) emissions, air pollution and the security of our future supplies of natural gas and electricity make energy efficiency a concern for all Canadians. This is true whether you rent or own your unit and whether you pay your utilities directly or through your rent or condominium fees.

Here are some energy-saving tips that can save you money and make your apartment more comfortable. Many are simple and low cost. You can buy most of the materials and tools at any hardware store.

Cracks and holes in walls, ceilings, floors, windows and doors permit drafts to enter. A drafty apartment is cold and uncomfortable in the winter and hot and humid in the summer. Drafty apartments require more heating during the winter and more cooling during the summer to make them comfortable — making them more expensive to live in. Drafty apartments also tend to suffer from outside noise problems.

Air leakage is not just an exterior wall problem. Holes and cracks in the interior partition walls, ceilings and floors of your apartment allow air to flow between your apartment, your neighbours' apartments and the corridor.

Reducing air leakage also helps you achieve more comfortable air temperature and humidity in your apartment.

### WINDOW AND DOOR JOINTS

Caulk open joints between window and

door frames and trim and adjacent walls.

Ensure that window and door weather-stripping gaskets are intact and in good condition. If they are not, replace them. Worn or flattened gaskets, windows that rattle in the wind, drafts and moving drapes or blinds are good indicators of leaky windows and doors.

Always consult with your building management and obtain approval before you proceed with air-sealing work. Use paintable latex caulking when caulking painted surfaces. This will allow you to hide the caulk joint with paint, if necessary. Be careful when using spray foam — some foams expand rapidly and can damage adjacent surfaces and make a mess.

### FLOORS AND WALLS

Caulk visible cracks along the exterior wall-floor joints. This is only possible where the baseboard trim, or wall, can be caulked to a rigid floor surface, such as concrete, tile or wood. Although somewhat difficult to do, it may be more worthwhile to do this during renovations — especially if baseboard or quarter-round trim is to be removed and replaced. In this case, caulking can be applied between the wall surface and floor and would then be covered by the baseboard. If caulking the joint between the baseboard or quarter-round trim and the floor, first apply a strip of masking tape on the floor about 3 mm (1/8 inch) from the wall along the wall-floor joint to be caulked. Remove the tape when you have finished applying the caulking. — CMHC

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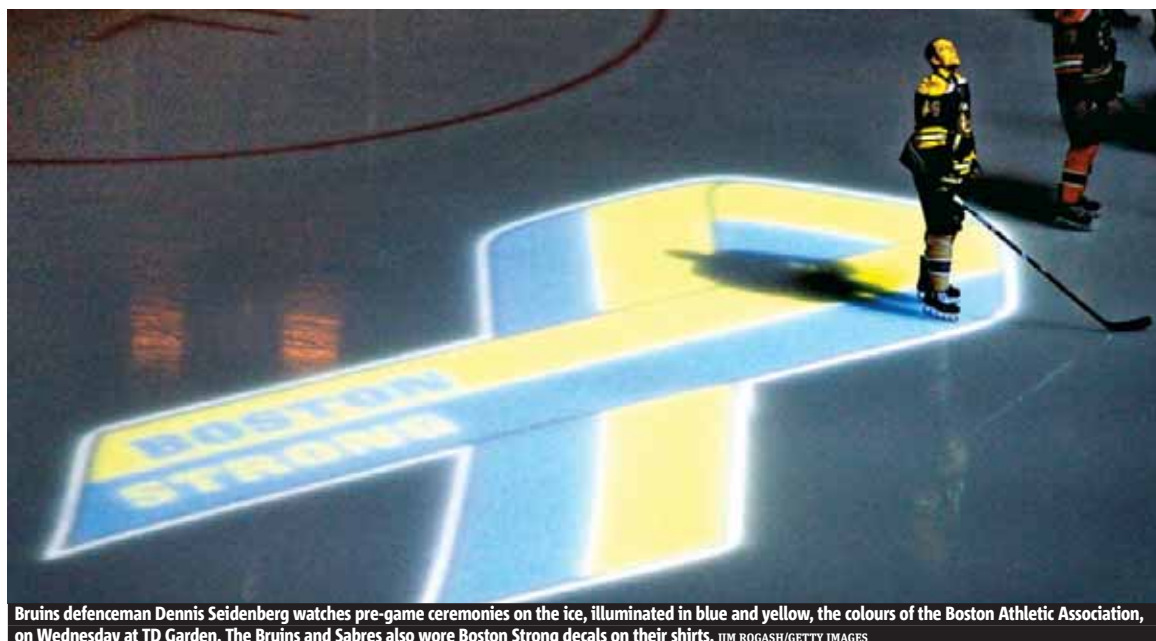
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Bruins defenceman Dennis Seidenberg watches pre-game ceremonies on the ice, illuminated in blue and yellow, the colours of the Boston Athletic Association, on Wednesday at TD Garden. The Bruins and Sabres also wore Boston Strong decals on their shirts. JIM ROGASH/GETTY IMAGES

# Emotional return to the ice in Boston

**NHL.** Fans mourn and then cheer as Bruins return to action

Emerging from a moment of silence with a deafening cheer, fans at Wednesday night's Bruins game paid tribute to the victims of this week's Boston Marathon bombing with a stirring national anthem and a thunderous chant of "U.S.A.!"

The sold-out crowd at the first major sporting event in the city since Monday's attack lined up for metal-detecting wands and random car inspections to get into the TD Gar-

den. Once inside, they watched a sombre video with scenes from the race, ending with the words, "We are Boston, We are Strong."

The players on the ice for the opening faceoff banged their sticks in the traditional hockey salute, drifting back off the blue-lines so that they, too, could see the video. The Boston Fire Department Honor Guard brought out the U.S. flag to honour the first responders who rushed to the aid of the three killed and more than 170 injured by the twin bombs at the marathon finish line.

It was an emotional return to normal life for the city, which has been dazed by the at-

## Quoted

**"We love the city. We want to help in any way we can — if we can give them 10 minutes of joy, or 20 hours of joy — anything we can do."**

Chris Kelly, Bruins forward

tacks on one of its signature and most beloved events. Monday's scheduled Bruins game against Ottawa was rescheduled, and Tuesday night's Celtics game was cancelled outright.

But the Bruins said they were determined to help the city move on.

"You're trying to live your life in peace, and there's people trying to disrupt that," coach

Claude Julien said on Wednesday. "The people trying to live their life in peace are going to stick together."

Bruins owner Jeremy Jacobs pledged \$100,000 to The One Fund Boston, the charity established to help families affected by the bombing; the Garden, the NHL and the players association pledged \$50,000 each.

THE ASSOCIATED PRESS

## Boston bombings

### Heat's Allen says friend lost leg in Monday's blasts

Heat guard Ray Allen says a friend of his family was among those who lost a leg in Monday's explosions at the Boston Marathon, and that another friend owned the restaurant that employed the 29-year-old woman who was killed in the blasts.

Allen has been a spectator at the marathon several times, going back to his days with the Boston Celtics. He says his mother has run the marathon three times and that his wife has done so twice.

Allen says that if he was still with the Celtics, he likely would have been at the finish line around the time of the explosions on Monday, waiting for his mother and wife to complete their runs.

THE ASSOCIATED PRESS

## NHL

### Habs' White given 5 games for head hit on Huskins

The NHL suspended Montreal Canadiens forward Ryan White for five games on Wednesday for an illegal check to the head of Philadelphia defenceman Kent Huskins.

The incident occurred at 6:11 of the first period of Montreal's 7-3 loss to the Flyers on Monday. White attempted to deliver an open-ice hit to Huskins as the defenceman came out from behind the Philadelphia net, but White missed Huskins' body and hit him primarily in the head.

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# Ruff back behind bench with Team Canada

**Hockey.** Former Sabres head coach will return to lead national team at world championship

The last man to coach Canada to a medal at the men's world hockey championship is back behind the bench.

Hockey Canada has named Lindy Ruff the country's head coach for the 2013 men's

world hockey championship May 3-19 in Stockholm and Helsinki.

"I said I want to coach," Ruff said. "You're out of it a short period of time and you miss it. When you look at all the playoff races around and you're sitting on the outside, it's a hard thing to do as a coach."

"I'm excited to get back (to) it. I had two great experiences working with Team Canada and really want to make this

a third. Any time you get around world-class players, it helps you as a coach."

Ruff coached Canada to a silver medal at the 2009 world championship. Canada lost 2-1 to Russia in the final in Berne, Switzerland, and hasn't finished in the top three since then.

Ruff was also an associate coach on Canada's 2010 gold-medal Olympic team under head coach Mike Babcock.

THE CANADIAN PRESS

## Coach for hire

Lindy Ruff was available to coach Canada because the Buffalo Sabres fired him Feb. 20.

- The 53-year-old from Warburg, Alta., was the NHL's longest-serving coach in his 16th season behind Buffalo's bench.



Lindy Ruff has been named the head coach for Canada's men's hockey team at the 2013 men's world hockey championship. LARRY MACDOUGAL/THE CANADIAN PRESS

## CIS

### Nominees for BLG awards announced

McMaster University quarterback Kyle Quinlan is one of four nominees for the Canadian Interuniversity Sport male athlete of the year honour.

The other finalists for the men's BLG Award are Saint Mary's hockey player Lucas Bloodoff, Concordia wrestler David Tremblay and soccer player Gagan Dosanjh from UBC.

Quinlan won the Hec Crighton Trophy last season as the top player in Canadian university football. He helped the Marauders repeat as OUA champions and reach the Vanier Cup for the second straight year.

The female BLG Award nominees are Saint Mary's basketball player Justine Colley, McGill hockey player Melodie Daoust, Guelph rugby player Britt Benn and UBC volleyball player Shanice Marcelle.

The award winners will be named April 29 at a ceremony in Toronto. Each winner will receive a \$10,000 post-graduate scholarship.

The BLG Awards were established in 1993 to recognize the top female and male athletes from universities affiliated with CIS. THE CANADIAN PRESS



Kyle Quinlan TORSTAR NEWS SERVICE

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## NHL. Lowe apologizes for fan comment

Kevin Lowe, the Edmonton Oilers president of hockey operations, says he's sorry for suggesting there are two types of Oilers fans: those who buy tickets and those who don't.

"If I offended anyone, I apologize," said Lowe, seen sitting in an office in an 80-second video posted on the team website Wednesday.

"We see many of our fans at Rexall Place, but we have hundreds of thousands of fans that never get to Rexall Place. "We appreciate each and

every fan. I did not make that clear."

Lowe got into hot water with fans Monday for comments he made at a news conference to announce the firing of Steve Tambellini as general manager.

The news conference also announced that Tambellini was being replaced by Oilers executive and former coach Craig MacTavish, with former Oilers assistant GM Scott Howson being brought back to assist MacTavish.

THE CANADIAN PRESS



Kevin Lowe THE CANADIAN PRESS

## MLB

### Joey Bats rides the pine again with sore back

Blue Jays slugger Jose Bautista was held out of the starting lineup for a third straight game Wednesday with a sore back and has not been able to swing a bat since the weekend, manager John Gibbons said.

Usually a right-fielder, the two-time major league home run champion felt sore after starting two

games at third base in Kansas City last weekend, moving to the infield after shortstop Jose Reyes severely sprained his left ankle.

Bautista, who is batting .200 with three homers and six RBIs, missed three games earlier this month with a sore right ankle.

Gibbons said Bautista has not been able to take batting practice or hit in the cage in the past three days, and was likely unavailable to pinch hit against the Chicago White Sox. THE ASSOCIATED PRESS



### Not his day on clay

Milos Raonic plays a backhand against Jarkko Nieminen in their second-round match at the ATP Monte Carlo Masters in Monte-Carlo, Monaco, on Wednesday. Raonic, the 12th seed from Thornhill, Ont., committed 40 unforced errors in losing 6-3, 1-6, 7-6 (7-3).

CLIVE BRUNSKILL/GETTY IMAGES

## Sports in pictures



## 1 Basketball.

### Naismith's notes to get elegant home

The University of Kansas plans to build an \$18-million US building that will be home to Almonte, Ont., native James Naismith's original rules of basketball.

THE ASSOCIATED PRESS

## 2 MLB. K-Rod a Brewer again

The Milwaukee Brewers have brought back reliever Francisco Rodriguez, signing the right-hander to a minor-league deal.

THE ASSOCIATED PRESS

## 3 NHL. Schultz fruitful in short AHL stay

Edmonton Oiler Justin Schultz won the Eddie Shore Award on Wednesday as the American Hockey League's defenceman of the year. He had 18 goals and 30 assists in 34 games with the Oklahoma City Barons.

THE CANADIAN PRESS

# May they Hab another?

The playoffs are a one-timer away, and 15 teams will be out to dethrone the Los Angeles Kings and hoist the Stanley Cup. First, though, a quick look back at the soon-to-finish regular season and who will be in line for some hardware after the post-season.

THE ASSOCIATED PRESS



### Hart trophy

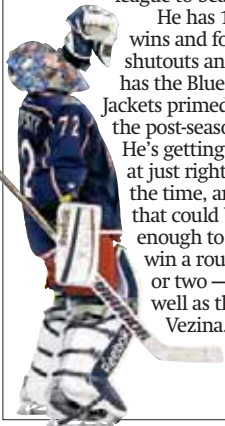
Pittsburgh's Sidney Crosby had the MVP locked up through 36 games, but hasn't played since he was struck in the face by a puck on March 30.

That opened the door for Washington's Alex Ovechkin to surge ahead for top honours. The Russian winger has an NHL-best 28 goals and seems set to reclaim the MVP trophy he won in 2008 and 2009.

### Vezina trophy

Cast out of Philadelphia to make room for Ilya Bryzgalov, Sergei Bobrovsky has morphed into one of the toughest goalies in the league to beat.

He has 17 wins and four shutouts and has the Blue Jackets primed for the post-season. He's getting hot at just right the time, and that could be enough to win a round or two — as well as the Vezina.



### Norris trophy

Ottawa's Erik Karlsson saw his chance to defend his trophy come to a devastating end with one vicious slash of a skate blade across his left Achilles tendon. No defenceman since has stepped up more than Montreal's P.K. Subban, the NHL's top-scoring defenceman (11 goals, 36 points), who led the Canadiens in points entering Wednesday's game.

### Calder trophy

This is a tough one, but the front-runner for the NHL's top rookie is Montreal's Brendan Gallagher.

He has 13 goals, 24 points and has outplayed rookie teammate Alex Galchenyuk to stand as the class of the crop and be one of the few to win a major award in his first season.



### Jack Adams trophy

Another one from Montreal, head coach Michel Therrien has been the league's top coach. The fabled Canadiens finished last in the Eastern Conference last season. Therrien returned to the team that gave him his first NHL job a decade ago and quickly turned a 31-35-16 team from a year ago into the Northeast Division leaders prior to Wednesday's games.

## NBA. Knicks season 'by far' one of Carmelo's best

Carmelo Anthony believes this may have been his finest NBA season.

"Yeah, I would say that. I would say that by far," he said. "Just as far as the team success, how I've been playing, how much fun it's been for myself, for everybody just as a whole, I would say it's one of my better seasons."

With more than 50 wins for the New York Knicks and more than 27 points per game for himself, the numbers back him up. The Knicks won a division title, and Anthony added the scoring title after the regular season ended Wednesday.

Then the real work begins. The Knicks are expected to win a playoff series, maybe two. They traded away nearly every important player to get Anthony from Denver two years ago, and they have one post-season win to show for it.

On Saturday, the Boston Celtics will come to New York, where they swept Anthony and the Knicks in 2011, back when critics felt the Knicks gave up too much to acquire the all-star forward.

"It's a big playoff series," he said. "I did envision us being at the top, one or two in the Eastern Conference. I



Carmelo Anthony calls this one of his best seasons, but playoff success will be the real test for the high-scoring small forward. GETTY IMAGES

did envision us winning our division eventually, but right now this playoff series is very important for myself, it's very important for us as a team, as a city, as an organization."

Long regarded as one of the league's top scorers, Anthony has become something more, on the court and in the locker-room.

"His shotmaking is off the charts, but he's making the right plays, too," Indiana coach Frank Vogel said. "And he's playing winning basketball, and that's a big reason why they're doing what they're doing."

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NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
z-Miami	65	16	.802	—
y-New York	53	28	.654	12
y-Indiana	49	31	.613	15 <sup>1/2</sup>
x-Brooklyn	48	33	.593	17
x-Chicago	44	37	.543	21
x-Atlanta	44	37	.543	21
x-Boston	41	39	.513	23 <sup>1/2</sup>
x-Milwaukee	37	44	.457	28
Philadelphia	33	48	.407	32
Toronto	33	48	.407	32
Detroit	29	52	.358	36
Washington	29	52	.358	36
Cleveland	24	57	.296	41
Charlotte	20	61	.247	45
Orlando	20	61	.247	45

WESTERN CONFERENCE				
	W	L	Pct	GB
z-Oklahoma City	60	21	.741	—
y-San Antonio	58	23	.716	2
x-Denver	56	25	.691	4
y-L.A. Clippers	55	26	.679	5
x-Memphis	55	26	.679	5
x-Golden State	46	35	.568	14
x-Houston	45	36	.556	15
L.A. Lakers	44	37	.543	16
Utah	43	38	.531	17
Dallas	40	41	.494	20
Portland	33	48	.407	27
Minnesota	30	51	.370	30
Sacramento	28	53	.346	32
New Orleans	27	54	.333	33
Phoenix	25	56	.309	35

x — clinched playoff berth; y — clinched division; z — clinched conference.

#### Wednesday's results

Boston at Toronto  
Milwaukee at Oklahoma City  
Atlanta at New York  
Detroit at Brooklyn  
Washington at Chicago  
Philadelphia at Indiana  
Cleveland at Charlotte  
Phoenix at Denver  
Utah at Memphis  
Minnesota at San Antonio  
Orlando at Miami  
New Orleans at Dallas  
Golden State at Portland  
Houston at L.A. Lakers  
L.A. Clippers at Sacramento

End of Regular Season

NHL				
EASTERN CONFERENCE				
	GP	W	L	OTL
y-Pittsburgh	42	32	10	0
dx-Montreal	42	26	11	3
d-Washington	43	24	17	2
Boston	41	26	11	2
Toronto	43	24	14	0
Ottawa	42	22	14	2
N.Y. Islanders	42	22	16	4
N.Y. Rangers	42	22	16	0
Winnipeg	43	22	19	0
Buffalo	43	18	19	2
New Jersey	42	15	17	3
Philadelphia	43	18	22	1
Tampa Bay	43	17	22	1
Carolina	42	17	23	1
Florida	42	13	23	5

WESTERN CONFERENCE				
	GP	W	L	OTL
y-Chicago	42	33	5	0
dx-Anaheim	42	27	10	2
d-Vancouver	43	24	12	1
Los Angeles	43	24	14	1
San Jose	43	23	13	3
Minnesota	43	24	16	1
St. Louis	42	24	16	1
Detroit	42	20	15	3
Columbus	43	20	16	3
Dallas	42	21	18	2
Phoenix	42	18	17	3
Edmonton	42	16	19	4
Nashville	44	15	21	2
Calgary	42	16	22	1
Colorado	43	14	22	5

x — clinched playoff berth; y — clinched division.

#### Wednesday's results

Montreal at Pittsburgh  
Buffalo at Boston  
Detroit at Calgary  
Columbus at Anaheim  
Thursday's games  
All Times Eastern  
Florida at N.Y. Rangers, 7 p.m.  
N.Y. Islanders at Toronto, 7 p.m.  
Tampa Bay at Montreal, 7:30 p.m.  
Washington at Ottawa, 7:30 p.m.  
New Jersey at Philadelphia, 7:30 p.m.  
Phoenix at St. Louis, 8 p.m.  
Carolina at Winnipeg, 8 p.m.  
Vancouver at Dallas, 8:30 p.m.  
Columbus at Los Angeles, 10:30 p.m.  
Minnesota at San Jose, 10:30 p.m.

MLB				
AMERICAN LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Boston	9	4	.692	—
New York	7	5	.583	1 <sup>1/2</sup>
Baltimore	7	6	.538	2
Toronto	6	8	.429	3 <sup>1/2</sup>
Tampa Bay	4	9	.308	5

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	8	5	.615	—
Kansas City	8	6	.571	1 <sup>1/2</sup>
Minnesota	6	7	.462	2
Chicago	6	8	.429	2 <sup>1/2</sup>
Cleveland	5	7	.417	2 <sup>1/2</sup>

WEST DIVISION				
	W	L	Pct	GB
Oakland	12	4	.750	—
Texas	9	5	.643	2
Seattle	6	9	.400	5 <sup>1/2</sup>
Los Angeles	4	10	.286	7
Houston	4	11	.267	7 <sup>1/2</sup>

Wednesday's results  
Oakland 7 Houston 5  
L.A. Angels at Minnesota (ppd., rain)  
Arizona at N.Y. Yankees  
Boston at Cleveland

Tampa Bay at Baltimore  
Chicago White Sox at Toronto  
Detroit at Seattle

Thursday's games — All Times Eastern  
Detroit (Verlander 2-1) at Seattle (Iwakuma 2-0), 3:40 p.m.

Arizona (Corbin 2-0) at N.Y. Yankees (Hughes 0-2), 7:05 p.m.  
Boston (Lester 2-0) at Cleveland (McAllister 1-1), 7:05 p.m.

Tampa Bay (Price 0-1) at Baltimore (Gonzalez 1-1), 7:05 p.m.  
Chicago White Sox (Sale 1-1) at Toronto (Dickey 1-2), 7:07 p.m.

NATIONAL LEAGUE  
Wednesday's results  
Cincinnati 1 Philadelphia 0 (comp. of susp. gm)  
Kansas City 1 Atlanta 0

N.Y. Mets at Colorado (ppd., snow)  
Texas at Chicago Cubs (ppd., rain)  
St. Louis at Pittsburgh  
Philadelphia at Cincinnati  
Washington at Miami  
San Francisco at Milwaukee  
San Diego at L.A. Dodgers



## Horoscopes

### Aries

March 21 - April 20

Keep things in perspective today. Not everything will go your way and you could even suffer a small financial loss but it's no big deal.

### Taurus

April 21 - May 21

With the Sun about to move into your birth sign you should be looking ahead and planning all the marvelous things you are going to be doing. Don't let other people's negativity hold you back.

### Gemini

May 22 - June 21

You may be active by nature but over the next few days you should aim to do less and think more. Activity for its own sake, be it physical or mental, is a waste of time, so make sure your aims have meaning.

### Cancer

June 22 - July 23

How can you make a difference in the world? Give it some thought and a way will occur to you.

### Leo

July 24 - Aug. 23

Do you want to improve your status and reputation? Then keep your eyes and ears open because you will soon get the chance.

### Virgo

Aug. 24 - Sept. 23

The planets are about to offer you the chance to make a new beginning. First though you need to get rid of all that emotional baggage you have been carrying around. It's time to be who you want to be.

### Libra

Sept. 24 - Oct. 23

You may be inclined to make changes to your financial or business affairs today but is that really such a smart idea? With so many things in a state of flux at the moment it may be better to just sit tight.

### Scorpio

Oct. 24 - Nov. 22

Your reputation for toughness is well deserved but there is also a softer, more compassionate side to your nature that will be much in evidence today.

### Sagittarius

Nov. 23 - Dec. 21

Do you see your work as a challenge or a chore? If it's the latter you may need to change direction

### Capricorn

Dec. 22 - Jan. 20

You cannot be bothered with trivial issues or trivial people. There are so many big things going on in the world at the moment and it annoys you that so many don't seem to care.

### Aquarius

Jan. 21 - Feb. 19

With the cosmic emphasis about to switch to the domestic sphere you should focus on the needs of loved ones.

### Pisces

Feb. 20 - March 20

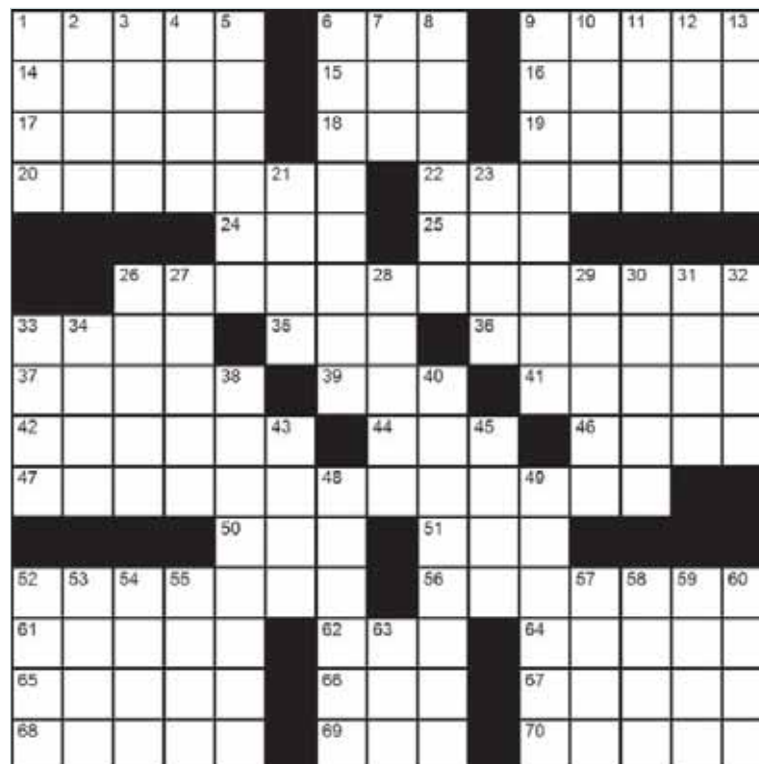
As Pisces is such a sensitive sign you are easily affected by other people's moods, which means you should be rather cheerful today. Everyone around you is in the mood to have fun. Sounds like an excuse for a party.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Juno, for one
6. Haul with difficulty
9. Boast
14. "Extra" host Mr. Lopez
15. 'Comb' suffix (Put together)
16. "\_\_\_ Majesty's Secret Service (1969)"
17. Spectrum source
18. Half a cheering prop
19. "\_\_\_ fired!" (Donald Trump's catchphrase)
20. Maritime helicopter of the RCAF: 2 wds.
22. Sir Walter Scott novel about a Saxon knight
24. Naught
25. Henpeck
26. It distinguishes the iconic Lacoste tennis/golf shirt: 2 wds.
33. Moulding style
35. \_\_\_ Pekka Salonen (Finnish conductor/composer)
36. Some leathers
37. Keepsake of yore
39. Grads-to-be, briefly
41. Beverly Hills' \_\_\_ Drive
42. Sporting spots
44. "Of course."
46. 'Smart' suffix (Brains)
47. Justin Trudeau's gig: 2 wds.



50. Fizzle out
51. Roman Numeral for 551
52. Bring in illegally
56. Driving and piano
67. Filmmaker, Frank \_\_\_
62. Tiny

64. Sal of "Rebel Without a Cause" (1955)
65. Warning device
66. '\_\_\_' for Alberta
67. "Farewell, mon ami!"
68. Length unit

69. Salutes from Rocky
70. Tennis great, Ivan \_\_\_

### Down

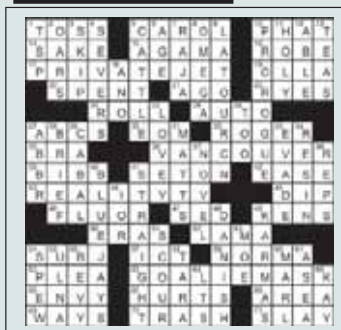
1. Hookups for Mr. Hendrix

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

9. Goods transporting job in early Canada
10. Auth. unknown
11. "Nope."
12. Detective created by mystery writer Rex Stout, \_\_\_ Wolfe
13. Branches-and-roots grower
21. Kind
23. Mr. Kilmer's
26. Famous person, for short
27. Marie Antoinette, par exemple
28. Actress Ms. Hannah
29. Sierra \_\_\_
30. More peculiar
31. "Well, well, wells."
32. Bears: Spanish
33. Viva voce
34. Ginger Spice aka \_\_\_ Halliwell
38. Poker: 2 wds.
40. Like some grapes
43. Cruise
45. Garage \_\_\_
48. Allowance
49. Dreary
52. Defraud
53. Female's opposite
54. \_\_\_ the crack of dawn: 2 wds.
55. Fido is furious!
57. Show allegiance
58. "Come \_\_\_!" = "Welcome!": 2 wds.
59. Call for
60. Collective \_\_\_ (Rock band)
63. Farm song vowels

## Yesterday's Crossword

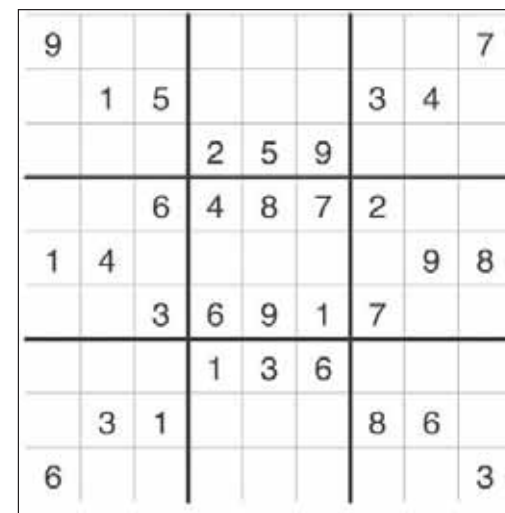


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

15°/6°  
Showers  
80%

Friday

21°/-2°  
Rain  
90%

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.  
TWN incorporates MSC data



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